COPING WITH STRESS, BUILDING A ROUTINE, AND FINDING SUPPORT

Setting you up for success and providing you with tips and strategies.
As you and your healthcare team take charge of your treatment, there are lots of things to remember and do to get the most from your therapy. Taking time to relax and manage stress is an important part of your medical care.

5 TIPS FOR MANAGING STRESS

1. Talk to a friend or family member on the phone to get support and talk through any issues.
2. Do some regular physical activity, like walking or stretching. *(Always talk to your doctor first before starting a new exercise program.)*
3. Take some time each day to do an activity you enjoy, like playing with your dog, cooking, or listening to music.
4. Take a break with a book, a movie, or a favorite TV show.
5. Take a moment to stop what you are doing and relax by taking a few slow, deep breaths with your eyes closed.
DEALING WITH UNCERTAINTY

Being proactive about your treatment and self care can help, but feelings of uncertainty may surface at times. These tips may help:

• Try to focus on all of the things you can control.
• Gather as much information as you can about your condition.
• Make small changes with big impacts, like including healthier foods (such as fruits and vegetables) in your diet. Talk to your doctor about starting or increasing your exercises. It’s good for patients to talk to their doctors about exercise rather than starting it on their own.

BREATHEING TO RELAX

Deep breathing is a great way to relax and reduce stress. Here is a step-by-step guide on how to do deep breathing.² Take a moment to try it now.

STEP 1: Sit comfortably and gently close your eyes.
STEP 2: Breathe in slowly and deeply through your nose as you count to 5 in your head.
STEP 3: Let the breath out slowly through your mouth as you count to 5 in your head.
WHY DEVELOP A ROUTINE?

Routines can help you remember to take your medicine as directed by your doctor, so you get the most benefit. A solid routine lets you focus on other things that are important to you.

Begin by asking your doctor when you should take ibrutinib, and choose a time of day that works for you based on those instructions. Write them here so you can refer to them any time. And don’t forget to use the Treatment Journal to help you keep track daily.
SUPPORTING YOUR ROUTINE

Here are some strategies to help you plan your medication routine.

**LINK IT**

Take your medicine at the same time as you do another daily task, like walking the dog or brushing your teeth.\(^{5,6}\)

**HEAR IT**

Set a daily alarm on your phone, watch, or clock to go off when you need to take ibrutinib.\(^{3,7}\)

**SEE IT**

Place medication reminder notes on your ibrutinib container or in a place you will see them (such as next to your bed).\(^{5,6}\)

**SUPPORT IT**

Use support tools for medication reminders, such as the calendar and stickers in your Treatment Journal or the Dose Alert\(^*\) device included in this starter kit.

TOOLS THAT CAN HELP

The Care4Today™ Mobile Health Manager is a free app for your smartphone that can help you and your family take control of your treatment. In addition to giving you medication reminders, this app also:

- Tracks progress and supplies reports that you can share with your doctor.
- Allows you to see if your loved ones are taking their medicines.
- Tells you how you can support charities by using the application.

Learn more at: mhm.care4today.com

Scan this QR code with your smartphone to go to the Care4Today™ Mobile Health Manager mobile site right now!
SUPPORT

BUILDING A SUPPORT SYSTEM

You are not alone, and getting support from others can be helpful. Take a few minutes to think about what support, such as help with meals or transportation to appointments, you need and whom you might ask to help. Then write it down:

WHAT KIND OF SUPPORT DO I NEED?

WHO CAN I ASK FOR HELP?

WHEN AND WHERE WILL I ASK FOR SUPPORT?
REFERENCES


