

# Information on Stress and Coping

## Contents:

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Go to this link: <https://cancer.osu.edu/about/locations> to find driving directions and maps.

- [Coping When a Loved One is Seriously Ill](#)
- [Coping in a Time of Major Life Change](#)
- [Tips for Preventing and Dealing with Caregiver Stress](#)
- [Relaxation Exercises](#)
- [Non-Drug Pain Relief: Relaxation with Breathing Exercises](#)
- [Non-Drug Pain Relief: Imagery](#)
- [Non-Drug Pain Relief: Relaxation with Music or Sounds](#)
- [Cancer and Depression](#)
- [Cancer Therapy: Managing Side Effects - Tips to Sleep Better](#)
- [Grief](#)

List here other items added to this package:

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**