

- Digestion
- Managing diabetes
- Pain
- Fatigue
- Body image changes
- Difficulty concentrating

Spiritual wellbeing

Emotional and mental wellbeing

Financial wellbeing



All areas of wellbeing can impact each other



What are some actions that can help to boost wellbeing?

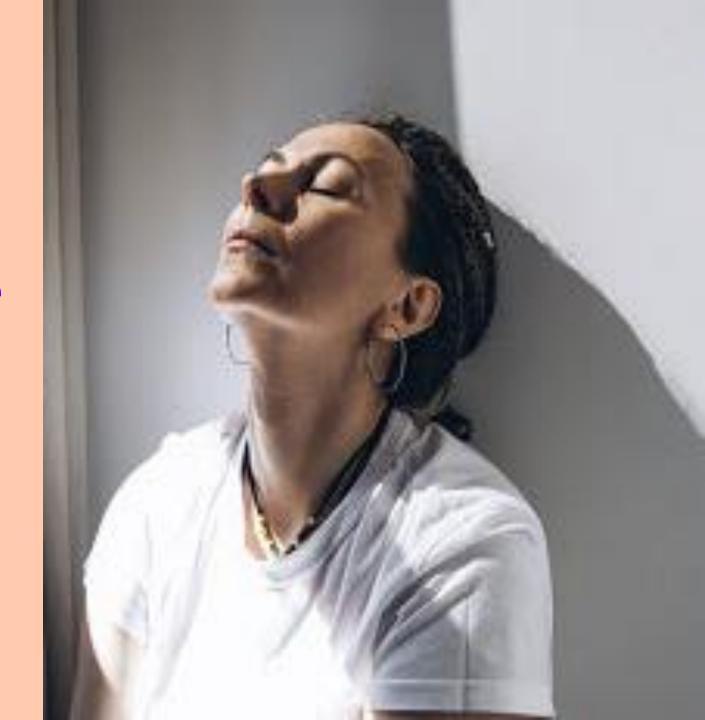


Ways to boost wellbeing

- Small acts of self care
- A warm bath
- Gentle exercise
- Naming and accepting emotions
- Talking and listening
- Journalling
- Connecting with spiritual beliefs

Put it into practice

- a moment to
breathe...



Progressive muscle grounding exercise

5-4-3-2-1

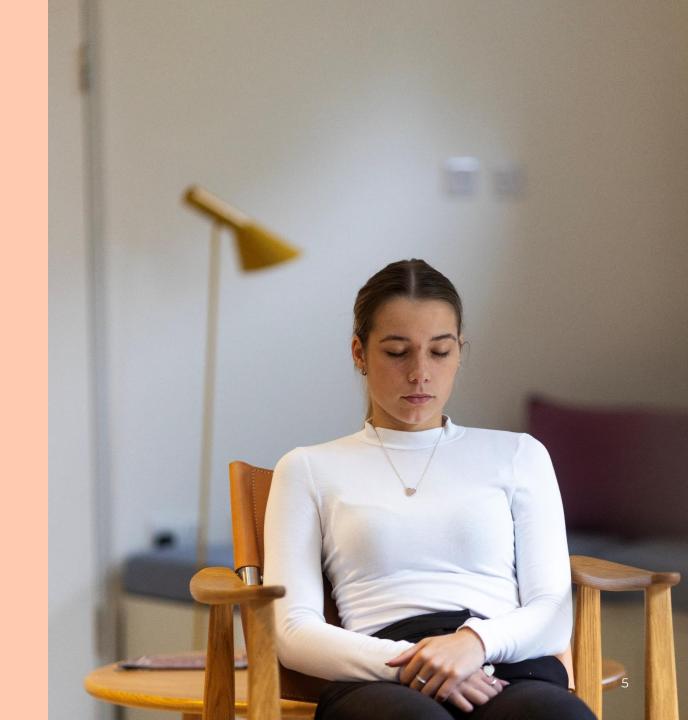
5: things you can see

4: things you can touch

3: things you can hear

2: things you can smell

1: thing you can taste





Who can you contact for support?

Pancreatic Cancer UK

Specialist Nurse Support Line Monday – Friday, 9am-4pm (10am-4pm on Wednesdays)

Call 0808 801 0707 or email nurse@pancreaticcancer.org.uk

www.pancreaticcancer.org.uk

Join a peer support Circle to connect with others who 'just get it' https://www.pancreaticcancer.org.uk/support-for-you/circles/



Maggie's locations

England

- Newcastle
- Leeds
- Manchester
- Oldham
- Wirral
- Nottingham
- Cambridge
- Oxford
- Cheltenham

London

- West London (Hammersmith)
- St. Barts
- Royal Free (Hampstead)
- Royal Marsden (Sutton)

Scotland

- Highlands
- Aberdeen
- Fife
- Glasgow
- Edinburgh
- Lanarkshire
- Forth Valley
- Dundee

Wales

- Cardiff (South East)
- Swansea (South West)
- Glan Clwyd (North) In development

Online support is also available at Maggies.org





Over to you...

...What questions do you have for us?

Put it into practice – shake it out!



Shake it out





https://www.youtube.com/watch?v=Xh0ZLeQNfrM