

## Physical wellbeing, including:

- 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?**

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

**Ways to  
boost  
wellbeing**

**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](mailto:nurse@pancreaticcancer.org.uk)

[www.pancreaticcancer.org.uk](http://www.pancreaticcancer.org.uk)

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