



# Episode 8.1 Show Notes

Title: Living with lung cancer during COVID-19: Managing lung cancer, stress, and anxiety through reopenings

Date: June 2020

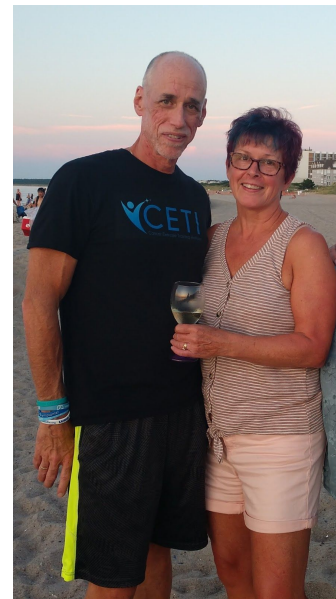
Brief description: Living with lung cancer is complicated on a regular day, but the global COVID-19 pandemic is creating an entirely new set of complications: shopping, accessing medical care, and getting some fresh air and exercise take on new complexity. As quarantine fatigue increased, so too has the stress and anxiety about the reopening of workplaces and restaurants. In this episode of the Hope With Answers: Living With Lung Cancer podcast special COVID-19 series, we'll talk to Speakers Bureau member Frank McKenna about how he uses exercise to manage his physical and mental health during coronavirus. We'll also talk to Board Certified Clinical Health Psychologist Dr. Laura Melton of UC Health in Denver, Colorado to get her best advice on how to navigate the complicated issues surrounding living with lung cancer during the COVID-19 pandemic.

Guests:

- [Lung Cancer Foundation of America Speakers Bureau member Frank McKenna](#)
- [Dr. Laura Melton](#), Medical Director of Supportive Oncology and a Board Certified Clinical Health Psychologist at UC Health in Denver, CO

Resources:

- [Hope With Answers video series](#)
- [Coronavirus and Lung Cancer: Joint Statement From Lung Cancer Advocacy Groups](#)





## Tips to Promote Good Mental Health During COVID-19

By [Dr. Laura Melton](#), Medical Director of Supportive Oncology and a Board Certified Clinical Health Psychologist at UC Health in Denver, CO.

Health behaviors are the cornerstone of mental wellness. This looks like eating a healthy balanced diet, good sleep practices, regular physical activity, and stress management.

- Stay in contact with your loved ones. Schedule interactions so you have something to look forward to, whether it be over the phone, through a video call, or in-person with social distancing that feels comfortable to you. Make virtual interactions more fun by playing games, having a virtual pizza party, or watching a movie together.
- Do not let others pressure you into interacting in-person until you are comfortable. Be honest and straight-forward in communicating your needs, whether it be to an employer, your child's school, or your own friends and family members.
- Not having a routine is stressful. Instead of living day-to-day in a pandemic, commit to a routine one month at a time. Make a commitment to a daily or weekly routine for the next 30 days. Put good self-care activities into your daily routine, even if they are not the self-care you did in the past.
- Curate your information streams. Most people want to stay informed, but that can be hard to do without becoming overwhelmed. You may need to re-evaluate the format and timing of the news you take in. You may also need to take a break from social media or certain people in your life that are causing you stress.

LCFA's mission is the improvement in survivorship of lung cancer patients through the funding of transformative science.

While raising funds to support lung cancer research, LCFA will raise the public's awareness and serve as a resource for patients or anyone seeking answers, hope, and access to updated treatment information, scientific investigation, and clinical trials.

You can also join the conversation with LCFA on [Facebook](#), [Twitter](#), and [Instagram](#).