

*The many forms
of meditation—see more
on the back!*



UPCOMING GOLD GATHERING

Emotional Health and Wellness

Wednesday, Oct. 18
4:00–6:00 p.m.
717 Delaware Street
Room 105

Join clinical psychologist Sue Petzel to talk about how to boost emotional health as a way to cope with transition and stress.

Light refreshments will be served and parking at the Oak Street ramp will be validated.

**Please RSVP to
goldMN@umn.edu by
Friday, October 13.**

GOLD website

You can also visit our website for updates and GOLD Gathering details at z.umn.edu/goldMN.

Exercise Your Way into Fall

Welcome Fall!

Fall in the Midwest is wonderful. I hope you are able to enjoy a walk or your favorite outdoor activity this month. If you are able, exercise has been shown to help with physical function and overall health following cancer.

As long as your physician approves, I recommend slowly increasing your activity to aim for at least 150 minutes of exercise per week. For me, this usually entails almost daily walks with my daughter and strength training a few times a week. For others, this may include running, biking, or yoga. I find that keeping exercise a part of my routine makes it easier to hit this goal.

Staying active is even more important in the winter as we battle the cold and dreary days. Exercise can help improve emotional health, including depression and anxiety. If you would like more information, the American Cancer Society has a great website with practical advice and information: <https://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/physical-activity-and-the-cancer-patient.html>.



I also encourage you to join us for our next GOLD event on Wednesday, Oct. 18. Clinical psychologist Sue Petzel will be our guest speaker, discussing the importance of emotional wellness and ways to help support your well-being. We are planning more events coming up as well, including seminars on exercise/rehabilitation and sexual health. If you have any ideas you would like us to consider, please email them to goldMN@umn.edu.

Be well,

Rachel Vogel, Ph.D.
Principal
Investigator





Integrative Medicine: Meditation

By Sue Petzel, Ph.D., L.P.

There are many definitions of “integrative” health care, all of which involve bringing conventional and complementary approaches together in a coordinated way. If a non-mainstream practice is used together with conventional medicine, it is considered “complementary.” For each of us as individuals or as part of the cancer community, our quest to effectively manage cancer includes using many coping skills, tools and medical strategies. As part of this quest, the use of integrative approaches to health, wellness and cancer care is growing within care settings.

Meditation represents a long-standing practice used for thousands of years. Originally, it was meant to help deepen understanding of spiritual life forces. In recent years, it is represents a type of mind-body complementary medicine, developed as a means of coping with many medical conditions, including cancer.

More about meditation. There are many forms of meditation. Meditation is a term that embraces many ways that lead to a relaxed state of being. Typically, these include **focusing** your attention and reducing the many thoughts that may be crowding your mind. For example, you may focus on a single word; as the mind wanders, you return to this single word. An emphasis also is placed on concentrating on the present and directing your ideas away from negative emotions. **Relaxed breathing** is encouraged. A **quiet setting**, a **comfortable**



position and an **open attitude** also are advocated. This net process may result in lowering stress and increasing physical and emotional well-being. Meditation especially may be useful for medical conditions, such as cancer, that include stress. Most cancers are associated with stressful procedures and outcomes.

A word of caution. Some research has suggested that meditation may physically change the brain and body in ways that improve health problems and promote healthy behaviors. While a growing body of scientific research supports the health benefits of meditation, some researchers caution that it is not yet possible to draw conclusions about the potential benefits of meditation. Nevertheless, the clinical guidelines from the Society for Integrative Oncology recommend meditation, as well as other mind-body modalities.

Important reminders. Usually an instructor provides initial systematic learning. Ask about the training and experience of the meditation instructor you are considering. Subsequently, using meditation involves practice. Similar to many

mind-body techniques, such as yoga, it is a skill-set. It is misleading to think of it as a simple, fast way to reduce stress. Additionally, while meditation can lead to a sense of calm, peace and balance that may benefit your overall health, it is not a replacement for traditional medical treatment. Remember to tell your health care providers about complementary health approaches you use.

References

NIH. Meditation: In Depth. <https://nccih.nih.gov/health/meditation/overview.htm#hed1>.

NIH. National Center for Complementary and Integrative Health. <https://nccih.nih.gov/health/integrative-health>



Questions? Email the study coordinator, Heewon Lee, at goldMN@umn.edu or contact Dr. Rachel Vogel at 612-624-6928 or email her at isak0023@umn.edu.