

Myelofibrosis

TIPS TO HELP YOU MANAGE FEAR AND ANXIETY

- Educate yourself learn what physical and mental signs or symptoms you should be aware of
- Keep up with any medical tests or appointments your doctor recommends
- Express your feelings with others who can understand your feelings either in a support group, with family and friends or a counselor
- Meditate or do deep breathing and relaxation exercises
- Keep a journal and write down your thoughts
- Take control of what you can, make a plan, and know what you cannot control
- When you have health-related questions or concerns write them down and bring to your appointments or call your healthcare team if you have immediate concerns