Small Steps to
Energize and Enjoy
the Holidays

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Topics:

1. Big changes always come one step at a time
2. A bit of background
3. Enjoy
   - What makes you feel good?
   - What is most important to YOU?
4. Energize
   - What makes you feel good?
   - What small step would feel better? (more energized, alert, content)
5. Choosing small steps that Work for You!
Percent of survivors who report

Physical Concerns

- Energy: 59%
- Concentration: 55%
- Sexual Function: 46%
- Neuropathy: 42%
- Pain: 34%
- Incontinence: 22%
- Mouth and Teeth: 20%

Rechis. LIVESTRONG Survey Report, 2012
Energy:

5 Year Survivors and Matched Non-Cancer Controls

Survivors
(N=98 at 5yrs)

Controls
(N=98 at 5yrs)

P < .001
Survivors vs Controls at 5 yrs

Syrjala et al. J Pain, 2006
## Physical Activity Level:
### 5 Year Survivors and Non-Cancer Controls

<table>
<thead>
<tr>
<th>Exercise or sports at least 3 times a week for at least 30 minutes</th>
<th>Survivors</th>
<th>Controls</th>
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<tbody>
<tr>
<td></td>
<td>29%</td>
<td>30%</td>
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<table>
<thead>
<tr>
<th>Percent inactive (&lt;2 hr/day moving around)</th>
<th>Survivors</th>
<th>Controls</th>
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<tbody>
<tr>
<td></td>
<td>23%*</td>
<td>7%</td>
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* p < .01

Small Steps

- **Most big changes happen with some effort**
  - Not by magic
  - By one step at a time
  - Don’t depend on others to make sure you get what you need
    - Buy yourself a present of that one thing you really want
    - Schedule an event you’ve always wanted to do
  - Know what you want and make a small effort more often to get to it
Try It

When you think about what energizes you, when do you feel the most energized?

Taking time out for yourself?
Moving around and getting your blood flowing?
Seeing a good friend that you can relax with?

What physical activity do you enjoy or at least don’t mind?

How about combining something that energizes you with something you enjoy!
What is most important to you over the holidays?

- Don’t depend on other people to know or do what is most important
  - Get my heart’s desire from my partner/spouse
  - Have my kids help me with the holiday meals

Set yourself up for success!

Small Steps

- We’re more likely to start them
- More likely to finish them
- More likely to come back and do it again
Try It

➤ What do you control?

➤ What can you do to make sure your holiday has 1 thing that you really desire?

✔ Is there an event you’ve always wanted to do:
  • Bake cookies
  • Go to a concert
  • Take time to wander around Christmas decorations and enjoy the holiday spirit
**Tips**

Decide to do one activity in the next day or week that energizes you

- Can be daily if brief, can be 1 to 7 times

- **Consider:**
  - Do you REALLY want to do it
  - WHY do you really want to do it?
    - What will it bring to your holiday that you value, that is important to YOU?
  - Now, how sure are you that it’s what you really want to do?
Tips

• What would make it difficult to do?
  How much effort [a little, medium, a lot]
  How much time [a little, medium, a lot]
  How much money [a little, medium, a lot]
  Will it impact anyone negatively [a little, medium, a lot]
  Does it depend on others? [a little, medium, a lot]

• How sure are you that you can do it successfully?
  o Do you want to modify it to make it a smaller step
    or to make certain you can do it?

• When can you start?
Tips

WRITE IT DOWN: In a place you can see it every day.

INVOLVE OTHERS: would it be more likely to happen or more fun to invite someone to join you?

SCHEDULE IT: What day will you start, what time, where you can set an alarm to remind and cue you that now is the time?
Tips

USE REMINDERS
Even for a quick break to walk down the hall, stretch, take a flight of stairs
Tips

USE HELPERS

GO SOMEWHERE DIFFERENT
Tips

REWARD YOURSELF

MAKE IT FUN!!!
Make it happen,
Don’t wait for it to happen
KEY POINTS

1. Big changes always come one small step at a time

2. Making energy is most successful when it is tied to something you really want

3. Making it happen works best when someone else is connected with your success
   - But you don’t depend on them for your success
   - When it is tied to something you enjoy
   - When it is scheduled with reminders