

# RETREAT IN DAILY LIFE

THE CANCER RECOVERY MOVEMENT PODCAST



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# SELF CARE

## **SELF CARE ISN'T SELFISH**

You can't pour from an empty cup. Self care allows you to show up better for yourself and for all those around you.

## **BARRIERS**

Time is more limited now than ever before. We often prioritize others and leave ourselves with the left-overs.

## **REFRAME**

Although you deserve uninterrupted time for self care, we'd like to propose a form of self care that doesn't require extra time or much extra effort.







# FINDING "RETREAT" IN YOUR MIND

LESSONS LEARNED  
FROM VIETNAM  
PRISONER OF WAR  
MAJOR JAMES NASMETH

[HTTPS://7MINDSETS.COM/POWER-OF-VISUALIZATION/](https://7mindsets.com/power-of-visualization/)

Major James Nasmeth was an American soldier captured in the Vietnam War. As a prisoner of war, he spent seven years imprisoned in a cage that was 4.5 feet long and 5 feet tall. During his imprisonment, he saw no one, talked to no one, and had no physical activity.

For the first few months, all he did was hope and pray for release. He soon realized that he had to find some way to occupy his thoughts or he would go insane.

Nasmeth devised a mental program where he'd play his favorite golf course every day in his mind. He would visualize the experience to the highest level of detail possible. He imagined the clothes he'd be wearing. He thought about the smell of the freshly cut grass and the feel of the warm sun and gentle breezes on his skin. He'd see every tree, hear the birds singing and squirrels chattering, and envision every slope of the course.

Major Nasmeth was finally released and came back home to America. Physically speaking, his condition had deteriorated as much as you would expect after living in a tiny cage for so long. Even so, soon after his return, he decided to go and play golf at his favorite course. Amazingly, he shot a 74. He hadn't swung a real club in 7 years and had undergone indescribable physical deprivation, and yet he had cut 20 shots off of his average.

Modern neuroscience tells us that our brains are like plastic. They're able to reshape themselves and continually function in new ways throughout our lives. More importantly, we have the ability to intentionally reshape our brains through our thoughts!





# THE ANCHOR METHOD

The Anchor Method is a powerful coaching technique. This method uses what you're already doing daily and "anchors" a new habit to it. It doesn't require disrupting your daily routine or finding a lot of extra time. Each "anchor" serves as a powerful reminder and trigger to simply add something new. So what are 5 things you're already doing every single day?

## WAKING UP: ANCHOR → POSITIVE AFFIRMATION

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Before your feet touch the floor, begin your day with a powerful "I AM" statement.

Examples:

- I am strong and healing every day.
- I am going to bring my unique gifts to the world today.
- I am wise and can trust my body.
- I am going to listen to my body today.





## SHOWERING: ANCHOR → BODY GRATITUDE SCAN

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You're going to wash each part of your body anyway...hopefully! Why not take a moment to thank that part of your body for all that it has done for you?

If you need more guidance on this practice tune into our prior podcast: [Embodiment with Katie Kemp](#)



## EATING LUNCH: ANCHOR → MINDFUL EATING

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Healthy eating is as much about HOW you eat as it is WHAT you eat. Rather than mindlessly shoveling your lunch down while you multitask, try taking a moment to be present and mindful while you eat.

Try these eating hygiene tips:

- Take a few deep breaths before eating.
- Sit down to eat (away from your desk).
- Put your fork down between bites.
- Chew and enjoy your food.
- Be thankful for your food.
- Incorporate all 5 senses while you eat.





## DRIVING: ANCHOR → BREATHING EXERCISE

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Bringing your awareness to your breath is one of most effective ways to override your sympathetic nervous system (fight or flight) and kick in your parasympathetic nervous system (rest and digest).

Try this breathing method:

- Breathe in for 3 slow counts through your nose.
- Hold for 4 counts.
- Breathe out for 5 counts slowly through your mouth.
- Repeat for 2-3 minutes.



## BRUSHING TEETH: ANCHOR → GRATITUDE PRACTICE

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Gratitude is one of the most powerful ways to change your outlook and mood. For more details about the [Power of Gratitude](#), tune-in to our podcast episode on this topic.

Each evening as you brush your teeth, name 3 things you are grateful for from that day. Extra bonus points if you write them down in a journal!

Be specific!!!







# FINAL THOUGHTS

We can't wait for the perfect circumstances to find us. We hope this guide inspires you to find "retreat" even in the most chaotic days. Your self-care matters and this is a great first step to prioritizing YOU. We know you'll be amazed by the shift you see in your life when you begin to implement this simple practice. We can't wait to hear how you're doing with your daily retreat!



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