

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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Memorial Sloan Kettering  
Cancer Center

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stress and depression and improve your quality of life. Guided imagery, a relaxation practice, has been found to have positive effects on pain, fatigue, stress, anxiety, depression, and sleep in people with many types of illnesses including cancer. It can also reduce discomfort during procedures or side effects that may occur with treatment.

We invite you to explore this resource, where you will find a variety of meditations from different styles, lengths, and traditions. Some tracks have background music and others do not.



Our team of integrative medicine experts developed this resource to accompany you through your cancer treatment and beyond.

Newly Diagnosed

+

Support Through Treatment

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