



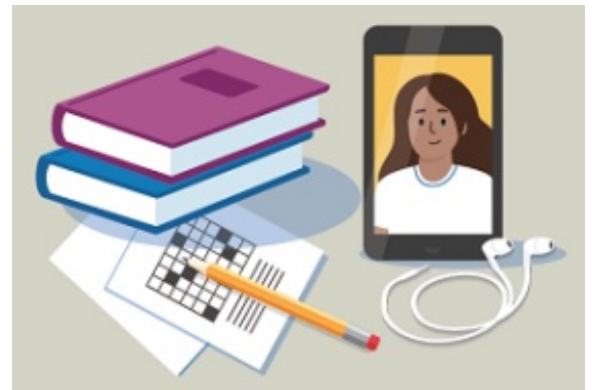
PATIENT & CAREGIVER EDUCATION

How To Manage Stress While You're in the Hospital

Being in the hospital can be hard. Being away from your friends and family may make you feel lonely or scared. Here are some tips to help you manage stress while you're in the hospital.

Stay connected to friends and family

You can call, text, or video chat with friends and family even when you cannot be with them. You may find it helpful to plan daily calls with them that you can look forward to. If you feel up to it, you can try video chatting while playing a game together.



Read *How To Use Technology To Connect With Family and Friends* (www.mskcc.org/pe/connect) to learn more.

Try relaxation techniques

Relaxation techniques, such as deep breaths, stretching, and meditating, can help you manage stress. Visit www.msk.org/meditation to listen to our Integrative Medicine and Wellness Service's free, guided meditations.

You can also find meditation, guided imagery, and other relaxing videos on the interactive TV screen in your room. Go to the “My Learning” section on the screen to search for videos. To do this:

1. Select “Menu” on the remote.
2. Select “My Learning.”
3. Use the forward arrow to find the page with “Integrative Medicine.”
4. Select “Integrative Medicine” to find the videos.

Take a break from the news

Take breaks from watching or reading the news, including news on social media. You can watch movies and relaxation videos in the “Entertainment & Relaxation” category on the interactive TV in your room.

Do things that keep your mind busy

Activities such as reading, coloring, crossword puzzles, and word searches may help keep your mind busy. If you don’t have anything like that with you, ask a member of your care team for some.

Schedule a visit with a therapy dog

Many people find that petting and spending time with dogs helps them feel relaxed. Therapy dogs are specially trained and can visit you while you’re in the hospital.

To schedule a visit with our therapy dogs, call MSK’s Caring Canines program at 646-899-2248. Email the Volunteer Office at volunteerresources@mskcc.org or visit www.mskcc.org/caring-canines to learn more.

Use MSK's Integrative Medicine and Wellness Service

About Herbs, Botanicals & Other Products

Our [About Herbs](#) database can help you figure out the value of using common herbs and other dietary supplements. It explains a product's uses, benefits and side effects, and how it interacts with other herbs or medicines.

Visit *About Herbs, Botanicals & Other Products* (www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs) to learn more.

Developing Your Personal Care Plan

646-608-8550

Our providers can guide you on how mind-body medicine, massage, exercise, and acupuncture can support your recovery and health. We designed our therapies, classes, and workshops to be used along with surgery, chemotherapy, and radiation. Our Integrative Medicine Service gives you options to help you to actively participate in your care. Call 646-608-8550 to schedule a consultation.

Visit *Developing Your Personal Care Plan* (www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/expertise) to learn more.

Mind-Body Workshops, Series, and Classes

Our mind-body workshops, series, and classes are led by experienced MSK Integrative Medicine specialists. We offer group programs both in person and online. These safe and supportive programs are designed to help nourish your body, mind, and spirit, especially during stressful times. You'll learn practical skills to manage emotions, reduce stress, and ease side effects of cancer treatment.

Visit *Mind-Body Workshops* (www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/therapies/workshops) to learn more.

Integrative Medicine at Home Video Library of Mind-Body & Fitness Classes

Our collection of videos features fitness, dance therapy, music therapy, yoga, martial arts, and meditation. You can access these videos on-demand at any time. You'll find classes designed to fit your needs and experience level and can choose activities that feel right for you.

Visit *Integrative Medicine at Home Video Library of Mind-Body & Fitness Classes* (www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/resources/integrative-medicine-video-library-mind-body-fitness-classes) to learn more.

Musicians On Call

Watch free, live concerts on Zoom on Tuesdays and Thursdays. Visit connect.musiciansoncall.org/hospitals/memorial-sloan-kettering and use passcode mskcc to learn more.

Resources at MSK

No matter where you are in the world, there is support available to you and your family. MSK offers resources to help you manage stress or anxiety.

Social Work

212-639-7020

www.msk.org/social-work

Our social workers provide emotional support and guidance to patients and their families, friends, and caregivers. Social work offers programs, including both in-person and online support groups. They can also help with practical issues such as transportation to and from medical appointments, temporary housing, and financial concerns. Social workers are available at every MSK location. To talk with a social worker, call 212-639-7020.

Visit the Virtual Programs website at www.mskcc.org/vp to learn more and to sign up for an online support group.

Counseling Center

646-888-0200

www.msk.org/counseling

Many people find that counseling helps them manage their emotions during cancer treatment. MSK's counselors provide counseling for individuals, couples, families, caregivers, and groups. They can also prescribe medications to help with anxiety, depression, and other mental health problems. Call 646-888-0200 to learn more.

Spiritual Care

212-639-5982

www.msk.org/spiritual-religious-care

At MSK, chaplains are available to listen, help support family members, pray, and contact nearby clergy or faith groups. They can also be a comforting companion and spiritual presence. Anyone can meet with a chaplain, no matter their formal religious affiliation. MSK also has an interfaith chapel that's open to everyone. Call 212-639-5982 to learn more.

Patient and Community Education

www.msk.org/pe

MSK's Patient and Community Education virtual library has written educational resources, videos, and online programs.

Virtual Programs

www.msk.org/vp

MSK's Virtual Programs offer online education and support for patients and caregivers, even when you can't be here in person. Through live, interactive sessions, you can learn about your diagnosis and what to expect during treatment. You can also learn how to prepare for the various stages of your cancer care. Sessions are confidential, free, and led by expert clinical staff.

Visit www.msk.org/vp to learn more.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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