

daylight

# Welcome to Daylight!

Hearing the words "you have cancer" affects more than just your physical health. A cancer diagnosis may also impact your mental health and lead to heightened anxiety.

Daylight is your expert guide through worry and anxiety, whenever and wherever you need it.

Engaging and easy to use, Daylight teaches proven exercises to help you manage your worry, day or night, at home or in hospital.

**MACMILLAN**  
CANCER SUPPORT



# What you'll learn

Daylight was designed by experts to help you control your worry with four proven exercises



## Learn how to relax

Use the Tense & Release exercise to discover how tensing up your body can actually calm your mind.



## Control your worry

The Worry Time exercise trains you to worry only at a specific time and place – so you can be more present in the rest of your life.



## Tackle unhelpful thoughts

Use the Thought Challenger exercise to identify and reframe thoughts that keep you stuck.



## Address your fears

The Worry Story exercise empowers you to face your fears so they have less control over you.

## Begin your journey to worrying less:

For instant access, visit:  
[trydaylight.com/macmillan](https://trydaylight.com/macmillan)

or scan the QR code below to create your  
free account



Have questions for us? We're on hand to help you every step of the way. Just email [hello@trydaylight.com](mailto:hello@trydaylight.com) and we'll be able to help, whether it's a problem with your mobile or with your worry.

Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help newly-diagnosed people with cancer in need of emotional support. Our partnership means that newly diagnosed cancer patients throughout the UK can instantly access high quality mental health support.