

## The Mirror Exercise

This handout offers you information on the Mirror Exercise.

The Mirror Exercise allows you to:

- Adjust to changes in your body and appearance caused by cancer and cancer treatments.
- Find what is positive about your body and appearance.
- Relax during intimate or sexual activity with your partner.

Steps for doing the Mirror Exercise

1. Choose a quiet time to do this exercise. Relax and take your time with each step of the exercise.
2. Stand naked in front of a mirror and look at your entire body.
3. Look at the part(s) of your body changed by your cancer or cancer treatment. What do you see? What thoughts or feelings do you have?
4. Continue to look at other parts of your body. What do you see? What thoughts or feelings do you have?
5. Find 3 things you like about your body or your appearance. What do you see? What thoughts or feelings do you have?
6. Repeat this exercise to help you become more comfortable looking at your body in the mirror.

Talk to the social worker or nurse practitioner from the WISH Clinic if you have questions about this exercise.

Last reviewed: April 2021

Adapted from "The Mirror Exercise", *Sex, Intimacy and Cancer* (2018), Canadian Cancer Society.