

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

In partnership with:

Big Health



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:

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For instant access, visit:
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 and we'll be able to help, whether it's a problem with your mobile or with your worry.

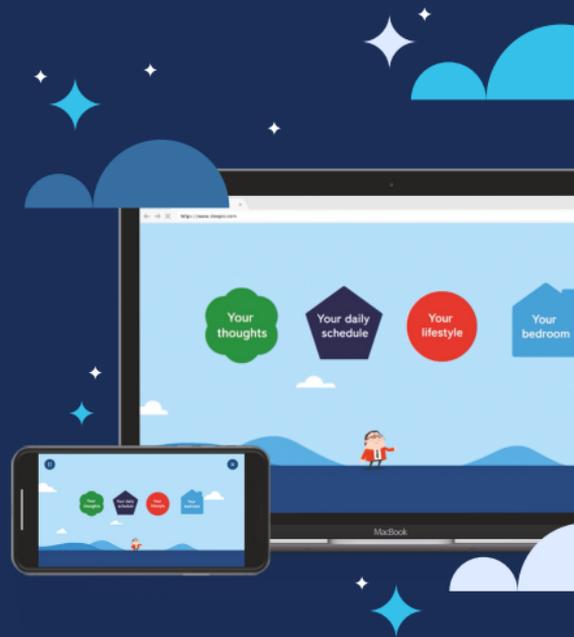
Macmillan's experience in supporting people living with cancer, and Big Health's proven digital mental health care, are coming together to help anyone living with cancer in need of emotional support. Our partnership means that cancer patients throughout the UK can instantly access high quality mental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



Don't let cancer stop you sleeping

Hearing the words “you have cancer” affects more than just your physical health, it can affect your ability to sleep as well as usual.

Macmillan has partnered with Big Health to offer free access to Sleepio, a sleep improvement programme to help you overcome sleepless nights brought on by increased worry.



In partnership with:
Big Health

Start sleeping better tonight, visit:
sleepio.com/macmillan

How does Sleepio work?

Designed by sleep experts, Sleepio is a digital programme featuring proven cognitive behavioural techniques.

Sleepio guides you through six weeks of interactive, personalised lessons to help you address sleep problems effectively.

Is it effective?

Sleepio has been clinically proven to help people fall asleep 54% faster, spend 62% less time awake at night, and have 45% better functioning the next day.

"I no longer think I have a sleep problem. I know what to do on the nights when I wake and can't get back to sleep; I no longer fear sleepless nights" –Alison, Sleepio user



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