

Supplementary Table 1. Qualitative Analysis Domains, Themes, and Exemplary Quotes

Domains and Themes	Domain Definitions and Exemplary Quotes for Themes
1) rRelaxation rResponse eElicitation	Activities or techniques that promote the relaxation response
Breathing techniques	- <i>"When I'm really stressed, I've learned diaphragmatic breathing and it really helps."</i>
Massage	- <i>"This is just a minor one, but I never did it before, but I get massages."</i>
Meditation Imagery Mantra/Personal Prayer Meditative movement Mindfulness	<p>- <i>"Just have them close their eyes, think of a happy place for a little while, you know."</i></p> <p>- <i>"I create mantras for myself. Sort of as reminders that, you know, I'm probably blowing it out of proportion. Worrying never helped anything. And it's only going to make me feel worse. You know things like that, that I repeat to myself."</i></p> <p>- <i>"Internet can do yoga ... just things to help me get in touch with my own body and my own soul, because at 2:00am you're scared - I need tactics for when I don't know what to do right at this very moment, to kind of get over the hump."</i></p> <p>- <i>"If I get really stressed, I use this simple meditation. It's really simple. You know, it's think about what you feel, what you see, what you smell, what you taste. It's very, very simple but it just shifts me away from whatever it is that might be capturing my attention or whatever the fear might be at the moment. I think about that and then try to move on to something else."</i></p>
2) sStress Awareness and cCognitive bBehavioral tTechniques	Identifying stressors and using techniques to address unhelpful thought patterns or behaviors
Appreciation for the small things in life	- <i>"I just find time to think about things and reflect and try to find more of the joy in life. Because all kind of things kinda come your way."</i>
Identification of signs and triggers of stress response	- <i>"For me, it was a bruise, a canker sore, a sore throat. Pretty much anything that happened right before I got diagnosed was a trigger for</i>

<!--Col Count:2-->Domains and Themes	Domain Definitions and Exemplary Quotes for Themes
	<p>me and I would email them and just say, 'You know, I noticed this bruise that looks kind of funky,' and it probably peaked after I went from seeing them on a weekly basis to seeing them at a monthly... like once a month. That kind of, it was just like any little thing that looked odd, I would contact them and be like, 'Is this something I need to come in for? Is this a concern?'"</p>
<p>Identification of controllable aspects of stressors</p>	<p>- "Obviously, I think when you're in that situation you're looking to gain control because you feel very out of control or your life feels out of control. So, you can take action to feel like you're either getting treatment or you're doing productive things and trying to make yourself better or whatever the case is."</p>
<p>Present focus</p>	<p>- "But I remember that today I'm safe. I'm safe today and I'm breathing right now. I am functioning and able to move forward today. And I keep it in one day at a time. Tomorrow's a different one. Today is today."</p>
<p>Re-appraisal of negative assumptions</p>	<p>- "Well, the more you think about something and the more you verbalize something, then you're just gonna get yourself into the cycle of negative thinking. So, you have to change your thinking in order to be able to see the future and to have belief and positivity in the future. So, I would suggest not continually harping, continuing the negative thoughts in the head, because you're just going to end up feeling sad and feeling afraid and feeling additional fear by continuing to think about that."</p>
<p>Shifting attention</p>	<p>- "I think if you can focus on either someone or something else beyond yourself, you know, get the focus off what you're going through at the time."</p>
<p>Tolerance of uncertainty</p>	<p>- "I went from being treated or having someone watching me daily to weekly to biweekly to monthly, and I think that when I got to the point where I was only seeing someone every month, every other month, the anxiety peaked... And so, [I] just question, you know, what's triggering those thoughts, and do [I] have valid reasons for them to trigger and kind of talking [myself] down based off of what is going on."</p>
<p>3) Adaptive Strategies</p>	<p>Using techniques that promote effective coping, positive mood, creativity, and prosocial emotions</p>
<p>Distraction and staying</p>	<p>- "I think keeping busy is one thing I deal with the cancer. Yeah. Just not, I</p>

<!--Col Count:2-->Domains and Themes	Domain Definitions and Exemplary Quotes for Themes
busy	<i>mean, not think about it. I don't know if that's a good thing, but I try not to think about it."</i>
Healthy behaviors Nutrition Physical Activity	<p>- "One of the things that I have done that has helped me sort of alleviate my worries is by changing how I eat. And I've changed over to basically a plant-based diet and I've read a lot about nutrition and I count up the number of vegetables I eat... You know, I am very conscious of having a healthy diet with, you know, no sugar and no alcohol... all of the things that that might feed a cancer almost feel like a poison to me at this point. So, it's not even hard for me not to eat them, for some strange reason."</p> <p>- "So, I like to –exercise is really great for relaxation for me, yoga or going for a run or any of that."</p>
Positive perspectives Acceptance of cancer diagnosis Creativity Gratitude for medical care Humor Self-care/Pleasant activities	<p>- "Yeah, I had cancer again last year and I didn't do any of that. I just kinda accepted the fact that, you know, I didn't die this time and we'll keep fighting until next time."</p> <p>- "I work with my hands, I'm a maker. So, I work with tools - power tools, hand tools. I make art, fix bicycles, fix cars, that kind of thing."</p> <p>- "Just knowing I have the best doctors and treatments. It's reassuring that I'm getting the best medical care."</p> <p>- "Humor helps. You know, you just sort of... you create an environment for yourself that really is so similar to what you had before you got sick."</p> <p>- "Well, I also enjoy reading very much. I like doing that. I find that very, very relaxing, almost meditative. I like to walk. I enjoy walking very much, I go to the gym. Other activities helped me relax and hang out with my animals. We have a dog and a cat. They really do help in just kind of creating a calming atmosphere."</p>
Social connectedness	- "In a time when you're vulnerable and weak, if you can do something that you're good at and helps, again, helps other people, it can really

<!--Col Count:2-->Domains and Themes	Domain Definitions and Exemplary Quotes for Themes
<p><i>Prosocial behaviors</i></p> <p><i>Enhancing social support</i></p>	<p><i>turn you around... But if you have a friend that has a knee replacement and you can lend an ear and loan her a tub seat or whatever little way that you know makes a difference in someone else's life, no matter how tiny it is. I think it really boosts yourself. "</i></p> <p><i>- "For me, personally, I really like to talk about it with my family or my friends, just be like, 'Hey, I'm feeling some sort of way, like, will you help me talk these feelings out so that I can understand like why I'm feeling this way and how I can move on and not feel this way. "</i></p>
<p>4) <i>h</i>Healthcare <i>e</i>Engagement</p>	<p>Means of interaction with the healthcare system, health-related information, or members of a healthcare team during cancer survivorship</p>
<p><i>Cancer-specific information:</i></p> <p><i>Outside of healthcare system</i></p> <p><i>Within healthcare system</i></p>	<p><i>- "Maybe we all have a sister-in-law who has like a... and I don't want to say this disparagingly, but who maybe has a quack cure that she would like to suggest on an email thread with a lot of other people and whatever. Like, no, thank you. But I don't... then it can be stressful because then you start talking about how like you've got to trust your relationship with your caregiver. You don't really want... like I'm sure CBD is awesome for some things, just I'm not going to use it for my prostate cancer. "</i></p> <p><i>- "Well, I think one thing that's really already been mentioned is going to the internet, like you get some diagnosis. You know, you want to check it out and then you get an overwhelming amount of information and a lot of it isn't good. And I started to do that in the beginning, and then I thought 'No. No, I am just going to wait until I meet my new oncologist and let him spell it out for me because I think you can really just magnify your level of worry and concern if you're trying to sift through all this stuff. A lot of it you don't really understand. So, you know, the Internet can be wonderful in some respects, but it can also have some negative effects if you don't use it appropriately. So, I try to kind of minimize checking things out medically, to avoid that. "</i></p>
<p><i>Cancer-specific support services:</i></p> <p><i>Outside of healthcare</i></p>	<p><i>- "I think that, I think someone mentioned a support group earlier and I think that's really important to go throughout. It just doesn't stop when</i></p>

<!--Col Count:2-->Domains and Themes	Domain Definitions and Exemplary Quotes for Themes
<p>system</p> <p>Within healthcare system</p>	<p><i>you're in chemo, you know, taking those things throughout remission."</i></p> <p>- <i>"When I was going through cancer therapy, I did it at [cancer center] and they recommended that I - knowing that I was a fairly successful person - do some hypnosis. And I worked with a hypnotist and that is extremely helpful. I still see him every... periodically now and I still know the methods and the ways to do it."</i></p>
<p>General (not specific to cancer):</p> <p>Access and disparities</p> <p>Insurance</p> <p>Self-advocacy</p>	<p>- <i>"Well, I think you need to anticipate that people will come into it with different language, different socioeconomic status, and different ability for transportation, access to resources. There may be some people aren't well off and would often be a struggle and you may have to go to them, you know, because maybe they're a caregiver for somebody else. So I think just anticipating different needs."</i></p> <p>- <i>"So, we haven't talked about the word that is most terrifying: insurance. Blech. Ugh. Like, I think my cancer was costing them from around here... I'm very fortunate that my wife has good insurance, that I got hooked up with really good folks, but I don't know that everyone else has that."</i></p> <p>- <i>"Back to the previous about being your own advocate. I think it's really important to not be laissez faire in your treatment and in your future concerns because you very well may have some gut feeling that you do and should follow up on it and make sure that you're heard."</i></p>