



*“Out of suffering have emerged the strongest souls;  
the most massive characters are seared with scars.”*

Khalid Gibran

## OUR MISSION

The mission of The David Benzer Strike Out Fear Foundation is to “Build a Bridge from Fear to Hope” for people diagnosed with cancer.

By creating comforting, life-affirming environments in cancer clinic waiting rooms across the country, the Foundation’s *Immediate Impact* program supports the emotional and spiritual needs of patients — to reduce fear and sustain the spirit from the moment of diagnosis, during treatment, and into survivorship.

Since 2010, the Foundation has provided amenities for cancer clinic waiting rooms and treatment facilities that have enhanced the therapeutic experience for close to 60,000 new cancer patients and 415,000 patient visits.

Additionally, we provide resources for patients and caregivers to help them navigate the emotional and spiritual side of cancer.



## STRIKE OUT FEAR

Based on founder David Benzer’s empowered perspective on fighting cancer, The Strike Out Fear Foundation creates comforting environments in cancer clinic waiting rooms and provides resources to help people:

- Manage fear and anxiety
- Stay out of their own way — focus on the here and now and not what might happen
- Use music and visual distractions to ease anxiety and reduce pain
- Continue to experience the good things in life
- Coach family and friends on how best to provide comfort and support

### Manage Fear and Anxiety

When one is diagnosed with cancer, anger, fear, depression, and anxiety come with the package. Focusing on the fear of what could happen prevents us from staying mindful of the here and now and all that it can be. How can a person counteract fear and despair and the sense of helplessness brought on by this crisis? Faced with a fear of death, we may find comfort in turning to our deepest or highest selves through prayer, meditation, yoga, and exercise to find some inner peace. Being your authentic self includes feeling all of the feelings that occur and having an informed awareness of the ability to determine one’s attitude in the face of uncertainty.

### Stay Out of Your Own Way

When David Benzer was in the midst of cancer treatment, his friend Carlos Santana offered some words of wisdom: “Stay Out of Your Own Way. Bombarded with information and advice, the mind tries too hard, thinks too much, and overanalyzes things that are not under one’s control. It is often helpful to have a spouse or friend manage the onslaught of information and parse through it to find only what is relevant. Recognizing what one can and can’t control is a practice that makes sense every day but is especially important in managing the emotions associated with cancer.



*"It has been said that we need just three things in life:  
Something to do, Something to look forward to,  
And someone to love."*

Maya Angelou

### SPONSOR A CANCER CLINIC MAKEOVER

A cancer clinic makeover can be accomplished for as little as \$5,000 — that's a small investment given its extraordinarily power to transform the waiting room experience for literally thousands of cancer patients.\*

### RESOURCES THAT PROVIDE COMFORT AND INSPIRE HOPE

The foundation offers web-based and printed resources that:

- Help cancer patients manage anxiety and nurture hope
- Coach family and friends on how best to provide comfort and support
- Empower people with information on current treatment guidelines, complementary medicine, and supportive care

\*Dependent on size of clinic.

## Use Music and Visual Distractions to Ease Anxiety and Reduce Pain

According to The American Music Therapy Association, music therapy has the ability to:

- Reduce anxiety and perceptions of pain
- Lift mood and improve quality of life
- Improve sleep
- Enhance relaxation

Visual and kinesthetic distractions also afford these benefits and form the core of the Foundation's *Immediate Impact* Program. The Foundation donates visual and audio equipment, and media to cancer clinics with the goal of creating healing environments that offer comfort with every visit – from the moment of diagnosis through treatment and into survivorship.



## Continue to Experience the Good Things in Life

When a person is ill, dealing with appointments, treatments, and the resulting side effects often becomes a full-time job. It is important to continue to experience the good things in life. Finding pleasure in simple things such as connecting with family and friends, savoring a cup of coffee or tea, taking a walk, and enjoying the beauty in nature and art invoke positive



feelings that help regulate mood and impact the ability to deal with stress.

*The Happiness Project* author Gretchen Rubin states, "Having something to look forward to makes you "feel good" and may also give an "atmosphere of growth" to your life because the future seems bright. It is not just the experience itself that brings joy — there are four stages of the experience that add richness to life."

1. Anticipation — looking forward to it
2. Savoring — enjoying it in the moment
3. Expression — sharing your pleasure with others to heighten your experience
4. Reflection — looking back on happy times

See the "Resources" section on our website for more information.

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*The David Benzer Strike Out Fear Foundation, Inc. is a tax-exempt 501(c)3 public charity*