

Coping with Cancer in Everyday Life

Cancer and treatment side effects may affect your daily life. Learn to cope with day-to-day issues and concerns that occur when you have cancer.

TRY THIS

Get in touch with your feelings. Recognize the range of emotions you could be feeling.

Know when to seek help. Talk to a doctor if your feelings overwhelm or concern you.

Practice mindfulness. Learn how to relax your body and mind. Slow down and breathe.

CHECK THIS OUT

Visit the Springboard page on Coping with Cancer in Everyday Life. <https://survivorship.cancer.gov/springboard/stress-mood/coping-with-cancer>

Learn new ways of talking to your loved ones (<http://goo.gl/dcl0ir>) and to your health care team (<http://goo.gl/mzbqHh>).

Get coping skills from the coping checklist. <http://goo.gl/3crB7t>

<https://survivorship.cancer.gov/springboard/>

Family & Friends

Learning that you have cancer can be just as scary for family and friends as it is for you. Loved ones might not know what to say. Follow these tips to help you talk about your cancer diagnosis.

TRY THIS

Establish good communication. Decide and set limits on how much you want to share.

Ask for help. Your loved ones want to support you. Be specific about the kinds of help you need.

CHECK THIS OUT

Visit the Springboard page Family & Friends. <https://survivorship.cancer.gov/springboard/get-support/family-friends-caregivers>

Find a peer group. <http://goo.gl/DBJuVm>

Get tips for telling others about your cancer. <http://goo.gl/HNHEx>

Learn more about talking to children about your cancer. <http://go.usa.gov/xaKfY>

<https://survivorship.cancer.gov/springboard/>

Health Care Team

Cancer treatment typically requires a team of health care professionals, including doctors, nurses, and other staff who help take care of you before, during, and after treatment.

TRY THIS

Establish good communication. Prepare questions, state your expectations, take notes, and bring someone with you to appointments.

Consider a second opinion. Ask your doctor for a referral and to share your medical records.

Prepare for follow-up care. Connect with your primary care doctor and understand what kinds of procedures and screenings you may need.

CHECK THIS OUT

Visit the Springboard page Health Care Team. <https://survivorship.cancer.gov/springboard/get-support/health-care-team>

Get additional resources to help you. <http://goo.gl/gkj0K3>

Read this fact sheet on communication in cancer care. <http://go.usa.gov/xaKvd>

<https://survivorship.cancer.gov/springboard/>

In the Workplace

Some people with cancer continue to work while they get treatment, and others do not. Learn how to communicate with your employer and co-workers, and understand your rights as an employee.

TRY THIS

Be prepared. Determine who you want to share the information with and prepare for different types of reactions.

Know your rights. Determine your capabilities during treatment, and keep records of your discussions.

Plan your return to work. Talk to your employer about your needs. This may include a flexible schedule or other workplace accommodations.

Find balance. Take your medications, take breaks from sitting, and avoid taking on too much work.

CHECK THIS OUT

Visit the Springboard page In the Workplace. <https://survivorship.cancer.gov/springboard/get-support/in-the-workplace>

Learn more about working during cancer treatment. <http://goo.gl/zjiAf0>

Read about going back to work. <http://go.usa.gov/xaKGj>

Look into the Patient Advocate Foundation. <http://goo.gl/vSjPm>

<https://survivorship.cancer.gov/springboard/>

Peer-to-Peer Support

Most people with cancer find it helpful to connect with other people who have been affected by cancer. Peer groups can be a place to share your feelings and experiences.

TRY THIS

Join a peer group. It may be helpful to talk with others who have had the same experiences.

CHECK THIS OUT

Visit the Springboard page on Peer-to-Peer Support.

<https://survivorship.cancer.gov/springboard/get-support/peer-to-peersupport>

Find a peer group. <http://goo.gl/MXKIEP>

Learn about the Cancer Survivors Network. <http://goo.gl/3bmbWJ>