

## 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://smokefree.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://smokefree.gov/springboard/>

## Family, Friends, and Caregivers

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, and Caregivers. <https://smokefree.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/HNHxiX>

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

<https://smokefree.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.** Take notes and bring someone with you to appointments.

**Build a relationship.** Let your health care team know what you expect from them.

**Be prepared.** Write down questions ahead of appointments.

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

### CHECK THIS OUT

**Visit** the Springboard page Health Care Team. <https://smokefree.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://smokefree.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.

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

### CHECK THIS OUT

**Visit** the Springboard page In the Workplace. <https://smokefree.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/vSjPpM>

<https://smokefree.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.

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## CHECK THIS OUT

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

<https://smokefree.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>