COPING WITH CHANGE AND UNCERTAINTY



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Aims and Objectives



- Introduction
- Reflection
- Some Tools
- Moving Forward
- Signposting
- Any Questions

CANCER CHANGES THINGS



CANCER CAN AFFECT EVERY PART OF YOUR LIFE, INCLUDING YOUR MIND, EMOTIONS AND SENSE OF PURPOSE.

IT CAN HAVE A PROFOUND IMPACT ON THE WAY YOU THINK AND FEEL AND BEHAVE.

IT CAN CHALLENGE YOUR SENSE OF IDENTITY AND SELF IMAGE INCLUDING BODY IMAGE.

IT CAN BE A HUGE SHOCK AND CAN DISRUPT YOUR SENSE OF CERTAINTY ABOUT THE FUTURE.

A CANCER DIAGNOSIS IS OFTEN A DEACTIVATING EVENT



PEOPLE CAN BE LEFT FEELING

- HOPELESS
- FEARFUL
- HELPLESS
- OUT OF CONTROL

"NOTHING I CAN DO WILL MAKE A DIFFERENCE"



IT CAN RAISE BIG QUESTIONS:

- What Really Matters To Me Now?
- Who Am I Now?





THINK ABOUT HOW YOU FEEL CANCER HAS CHANGED THINGS FOR YOU.

- WHAT SUPPORT ARE YOU GETTING?
- WHAT ARE YOU DOING TO SUPPORT YOURSELF?
- WHAT ELSE MIGHT YOU NEED?

YOU MAY LIKE TO SHARE YOUR THOUGHTS…

JUST THE BUSYNESS OF LIFE CAN BE DAUNTING. SOME PLANNING…

- TAKING CONTROL
- FOCUS ON WHAT MATTERS MOST TO YOU
- STRATEGIES FOR CARING AND TREATING YOURSELF
- COPING WITH WORRYING THOUGHTS
- SETTING REALISTIC EXPECTATIONS – ‘CHANGE ONE THING’
- STAYING IN THE MOMENT
- SEEKING SUPPORT

LOSS IN A CANCER DIAGNOSIS:

- **PAST – ‘NAIVETY OF THE PAST’ - IF ONLY, GUILT, DENIAL**
- **PRESENT – MANAGING CHANGES IN HEALTH, BODY IMAGE, WORK, FAMILY AND FRIENDS**
- **FUTURE – ‘ANTICIPATORY GRIEF’, WHAT IF, WORRY, ANXIETY**


Out of everyone’ s control
In my control
In someone else’s control

CONTROL OF LIFE

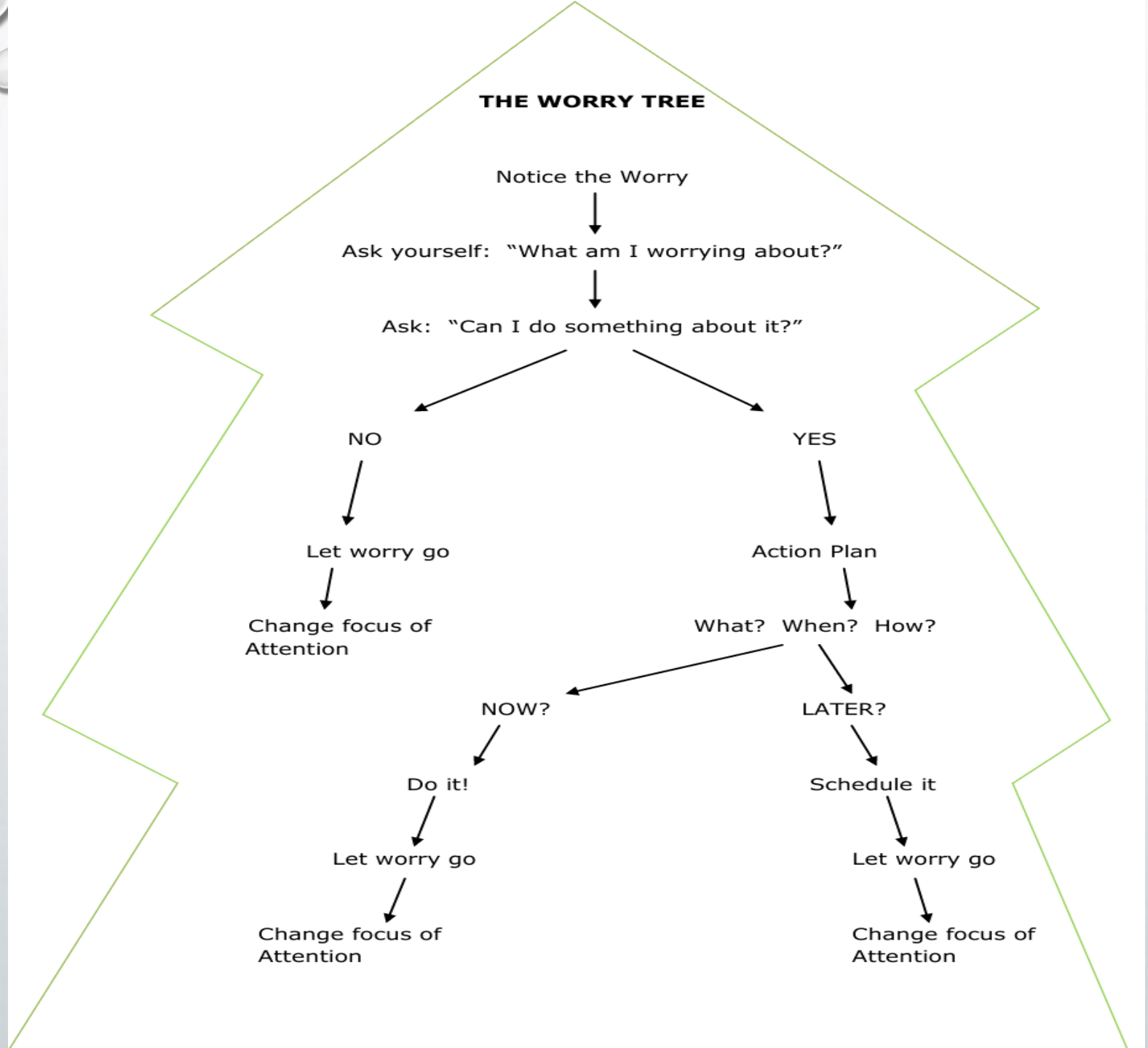


- OUT OF EVERYONE'S CONTROL
- THE WEATHER
- COVID
- CANCER
- THE PAST
- THE FUTURE

- **IN SOMEONE ELSE'S CONTROL**
- TAXES
- THE LAW
- CANCER TREATMENT
- OTHER PEOPLE'S THOUGHTS AND FEELINGS

- IN MY CONTROL
- EATING WELL
- BEING ACTIVE
- REDUCING STRESS
- FINDING EMOTIONAL AND SOCIAL SUPPORT
- ADVOCACY


OUT OF MY CONTROL
IN MY CONTROL
The past
What happens around me
The future
My boundaries
My thoughts & actions
The goals I set
What other people think of me
The actions of others
What I give my energy to
How I speak to myself
The outcome of my efforts
The opinions of others
How I handle challenges
How others take care of themselves


THE WORRY TREE
Notice the Worry
Ask yourself: "What am I worrying about?"
Ask: "Can I do something about it?"
NO
YES
Let worry go
Action Plan
Change focus of Attention
What? When? How?
NOW?
LATER?
Do it!
Schedule it
Let worry go
Let worry go
Change focus of Attention
Change focus of Attention

54321 – CALMING TECHNIQUE

TAKE A DEEP BELLY BREATH TO BEGIN, BREATHE OUT SLOWLY. TAKE YOUR TIME, TAKING A DEEP BREATH IN AND OUT BETWEEN EACH STEP.

5 - LOOK: LOOK AROUND FOR 5 THINGS THAT YOU CAN SEE, AND SAY THEM OUT LOUD. FOR EXAMPLE, YOU COULD SAY, I SEE THE COMPUTER, I SEE THE CUP, I SEE THE PICTURE FRAME.

4 - FEEL: PAY ATTENTION TO YOUR BODY AND THINK OF 4 THINGS THAT YOU CAN FEEL, AND SAY THEM OUT LOUD. FOR EXAMPLE, YOU COULD SAY, I FEEL MY FEET WARM IN MY SOCKS, I FEEL THE HAIR ON THE BACK OF MY NECK, OR I FEEL THE PILLOW I AM SITTING ON.

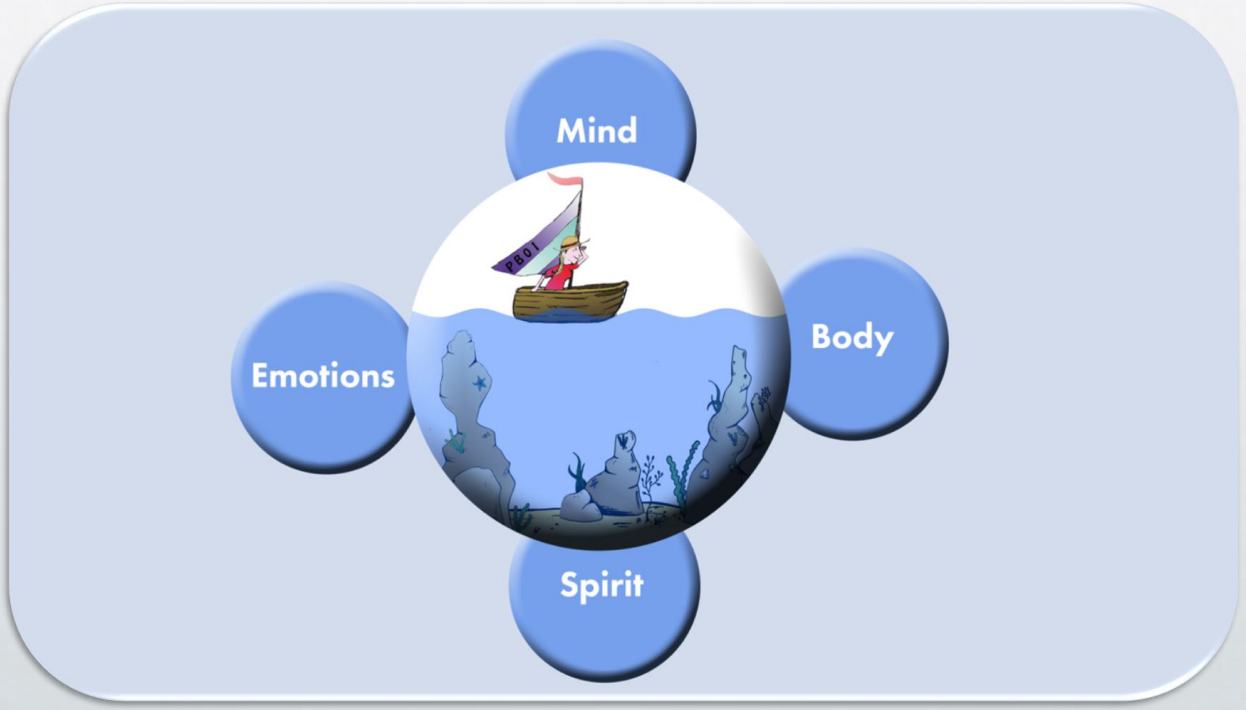
3 - LISTEN: LISTEN FOR 3 SOUNDS. IT COULD BE THE SOUND OF TRAFFIC OUTSIDE, THE SOUND OF TYPING OR THE SOUND OF YOUR TUMMY RUMBLING. SAY THE THREE THINGS OUT LOUD.

2 - SMELL: SAY TWO THINGS YOU CAN SMELL. IF YOU'RE ABLE TO, IT'S OKAY TO MOVE TO ANOTHER SPOT AND SNIFF SOMETHING. IF YOU CAN'T SMELL ANYTHING AT THE MOMENT OR YOU CAN'T MOVE, THEN NAME YOUR 2 FAVOURITE SMELLS.

1 - TASTE: SAY ONE THING YOU CAN TASTE. IT MAY BE THE TOOTHPASTE FROM BRUSHING YOUR TEETH, OR A MINT FROM AFTER LUNCH. IF YOU CAN'T TASTE ANYTHING, THEN SAY YOUR FAVOURITE THING TO TASTE.

TAKE ANOTHER DEEP BELLY BREATH TO END.

REALISTIC EXPECTATIONS - 'CHANGE ONE THING'



危机
DANGER TO CHANGE POINT

Crisis to Realistic Optimism

Cancer as an opportunity for activation

A key motivator and a teachable window

MOVING FORWARD

BEGINNING TO ADJUST COULD BE THOUGHT OF AS THE DECISION TO STEP THROUGH A PORTAL.

STANDING AT THE BEGINNING OF A PATH AND IMAGINE THE JOURNEY OF LIFE THAT IS NOW BEFORE YOU. BOTH CAN BE CHALLENGING AND NEED SUPPORT.

A STEPPING STONE APPROACH TO:

- HEALTH – DIET, ACTIVITY, CHECK UPS, MENTAL AND SPIRITUAL
- FAMILY – CARER V CARED FOR
- FRIENDS – SUSTAINERS V DRAINERS
- WORK/FINANCE – BACK TO WORK, CHANGES TO BE MADE?

  BENEFITS

GRATITUDE AND HOPE…

SOURCES OF SUPPORT

- Breast Cancer Now-
- Groups Online And Face To Face
- Helpline
- Working With Cancer
- Cab
- Macmillan

- Talking And Spending Time With Friends And Family
- Counselling –

Maggie's Have Clinical Psychologists

Mindfulness Courses

- Holistic Therapies -
- Penny Brohn, Bristol – In Person And Online
- Future Dreams, London – In Person And Online