

Practical advice on how to keep sane during cancer treatment

- **Keep positive attitude**
- Professional counselling/ therapy
- Try see the positive in every negative situation
- Force yourself to do something nice everyday
- Negative thoughts so human, don't allow them to rule
- Avoid negative talk from others and negative others
- Treat and nurture yourself with massages/ reflexology etc.
- Get emotions out! Vent regularly
- Talk or write feelings down
- Journal/ diary of the journey
- List of "things to do" when better
- Constantly remind yourself "This too shall pass"
- **Surround yourself with positive/ beautiful things:**
- Decorate room (gifts, cards, posters)
- Keep note of positive quotes and things people said about you
- Favourite music
- Gentle essential oils in burner (Aromatherapy)
- Foot spa (Clicks)
- Nature
- **All the support you can possibly get**
- **Beautify yourself:** wig, funky bandana, tattoo the baldness, beauty therapy
- **Keep mind busy with positive things:**
- Gentle exercise
- Positive books
- 'Feel-good' movies
- Art and crafts
- Meditation (guided meditation CD's)
- Prayer
- Relaxing music
- **Stay in a daily routine**
- **Go away somewhere beautiful** in nature between treatments, where possible
- **Manage stressors-** delegate!
- **Take one day at a time**
- **Carers: look after yourself**
- Time out, without feeling guilty
- Charge batteries to be able to give again
- Continue normal life as far as possible