

Daffodil Campaign

5 strategies for coping with emotions following a cancer diagnosis



April is Daffodil Month, a national fundraising campaign for cancer research and support services. As cancer remains the leading cause of death in the country, it's an important initiative. Indeed, an estimated two in five Canadians will be diagnosed with some form of the disease in their lifetime.

Cancer, however, affects more than just your health. A diagnosis can bring up powerful emotions such as guilt, fear, loneliness and depression. These feelings are completely normal, though dealing with them can be difficult. Here are some strategies that may help.

1. EXPRESS YOUR FEELINGS

It's a good idea to talk about the impact of your

cancer diagnosis with friends, family members, other survivors or a support group. Doing this can provide relief and comfort. If expressing your feelings openly is too difficult, try writing them down.

2. DON'T BLAME YOURSELF

It's all too common for cancer patients to blame themselves for their diagnosis. The fact is, scientists can't explain why some people get cancer and others don't. Cancer can affect anyone.

3. BE GENUINE

Some people feel they need to remain positive and upbeat for their loved ones while undergoing treatment. Remember, it's all right to give in to your feelings and have a bad day.

4. RELAX AND DO THINGS YOU ENJOY

Engage in your favourite hobbies and creative outlets. In addition, meditation and spending time in nature can help you relax.

5. TAKE CONTROL

Setting a daily schedule, keeping appointments and being actively involved in your treatment can help you feel in control and may alleviate some of your worries and fears.

In addition, it can be beneficial to get support from a professional. If you're struggling with a cancer diagnosis, reach out to a counsellor or psychologist in your area.



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