


How can I control and manage my emotions after diagnosis?



How to identify and control emotions after diagnosis

Express your feelings

Some people find that expressing and **sharing intense feelings** such as anger or sadness helps **ease** those feelings or even makes them **go away**. Talking with your loved ones, other cancer survivors, support groups or even a psychologist can help you to deal with your feelings. But even if you'd rather not talk about your diagnosis with other people, **you can make sense of your emotions and feelings by reflecting on them**.

Stay positive

Sometimes, this means looking for something good even during bad times, or trying to be hopeful instead of expecting the worst. Try to **focus your energy on your wellness** and what you can do to be as healthy as possible.

Don't blame yourself for getting cancer

Some people think they have cancer because of something they did or didn't do. Remember that, unfortunately, **anyone can get cancer**. Don't try to act enthusiastic if that isn't how you feel – give yourself time to adapt to your new situation.

Just as cancer affects your physical health, it can also cause a range of emotions that you're not used to dealing with. Sometimes, your feelings may seem more intense and volatile, since they can vary by the day, by the

hour and even by the minute. They can arise during or after treatment—and not only in the patient, they can affect family and friends too. Don't worry, **all these feelings are completely normal and part of the process**.

You choose when to talk about cancer

Finding out that you have cancer **can be a shock**, not only for you, but also for your friends and family. Everyone has good intentions, but they often don't know what to say or how to act, in case they say the wrong thing. You might like to ask them how they feel, to reassure them so that you can deal with any questions that arise together. Maybe you don't want to talk about how you or others feel, and that's fine, you have every right not to. You just need to tell them that, because only **you can decide when to talk about your illness** with them.

Find ways to relax

Whatever helps you relax, find the time to do it. **Meditation, breathing exercises and visualisation** are just a few of the skills that have proven beneficial and have contributed to helping other patients to overcome pain or stress.

Stay as active as possible

If you feel well up to it, keep up your daily routine. Going to work, spending time with family and friends, getting involved in activities or going on trips away can help take your mind off cancer and stop you worrying about it. **Gentle exercise** such as walking, yoga and stretching can also help you to feel better both physically and mentally.

Make time to do things you like

Think about how you want to spend your time, and with whom, as well as the kinds of things and **activities that make you happy**. Set aside time to do them whenever you can. Enjoy your hobbies and think about finding and trying out new activities you're interested in, or even just for fun.

Focus on what you can control

Some people say that **having daily tasks** to do helps them to focus on what they can control. Being involved in your cancer treatment, keeping on top of your commitments and appointments and making lifestyle changes are things you can control. Even setting yourself a daily routine can give you a sense of control, which can be beneficial.



Nobody can control every thought that comes into their head. However, we must try not to obsess over things that we fear, and learn to focus on what we can control and what helps us enjoy the good times. In these circumstances, try to focus on what you can do to stay as healthy as possible.