There will be good days and bad days, and hopefully the recommendations we’ve compiled from other care/support partners will help. On the next page, we’ve also curated tips you can share with friends and family, who may not always know how to react to a cancer diagnosis.

1. Put your own oxygen mask on before assisting others! You can’t be a good care/support partner if you don’t take care of yourself.

2. Assemble a caregiving team to divide and conquer tasks. Find your tribe to support you on both cancer and non-cancer talk.

3. Some people are private while others will openly discuss their cancer. Respect a loved one’s privacy and desire to share info about their condition.

4. Respect your loved one’s choices. You may not always agree with decisions and options chosen.

5. Practice the art of listening. Encourage your loved one to share their feelings, but also respect their wishes to sometimes be alone.

6. Stay in contact with friends and family. Social isolation can lead to emotional distress.

7. Help a loved one maintain a sense of normalcy and stay connected to the world beyond cancer.

8. Don’t lose sight of your own identity and interests. Figure out a way to do one thing daily that makes you happy.

9. Find a creative outlet and create new experiences for you and your loved one. Self-expression can be healing.

10. Find your balance. Learn your boundaries, limits, when to delegate and/or say no.