

TIPS FOR C101 LIFESAVERS

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.