



February is National Cancer Prevention Awareness Month

Coping with emotions

At any stage after a cancer diagnosis, you may feel a range of emotions, such as sadness, disbelief, fear and anxiety. Although it may be hard at first, look for things each day that help you find a new sense of purpose and meaning.

The following examples may help you cope with your emotions and feel at peace:

- Accept that things change and expect them to work out.
- Relax your mind and body through techniques such as deep breathing or meditation.
- Spend time with people who are positive and uplifting.
- Believe in yourself and do activities that you enjoy.

Visit your member website to learn more.