

# To my soul

*For those affected by gynaecological cancer*

# STORY TO MAY SOUL

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The original booklet created by the  
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*To your soul....*



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We want to express our gratitude to everyone who contributed to this pamphlet.



*Kim Hulscher (NL)*



*Dr. Zoia Razumova (S)*



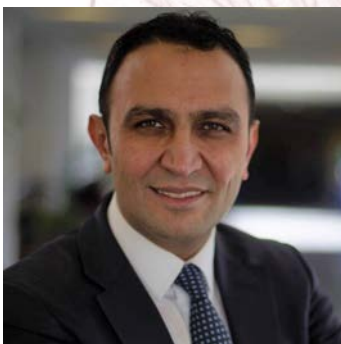
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ENGAGE would also like to express its thanks to the reviewers of the publication, the members of the ENGAGE Collaboration Committee.

We at the **ESGO ENGAGE** all work together to aid women impacted by gynaecological cancer.

Despite our best efforts, we are unable to always hold your hand or be by your side. However, we want to offer you courage for the arduous journey so that we can continue to be by your side even when you are gripped by fear, afraid, sad, depressed or feeling extremely alone. Let us bring peace to your heart and spirit.

Allow yourself to cry if you feel like crying and be very proud of you if you have taken a step. This brochure was created in collaboration with experts to support you as you navigate the challenging path of the disease. We believe that the state of our body and soul determines our overall health.

This booklet is for your soul: you can read it, colour it and solve puzzles in it.

We hope it will help you and you take it with you, either to the hospital or home.

*We would like to bring peace to your heart!*



A watercolor illustration of a basket with a handle, containing several roses. The background is a light, textured wash of yellow and pink. The basket handle is a simple, curved line. The roses are rendered with soft, blended colors of pink and white, with green leaves and stems. The overall style is delicate and artistic.

We can offer you more help:

Publications  
Patient advocacy groups in Europe and beyond  
Campaigns

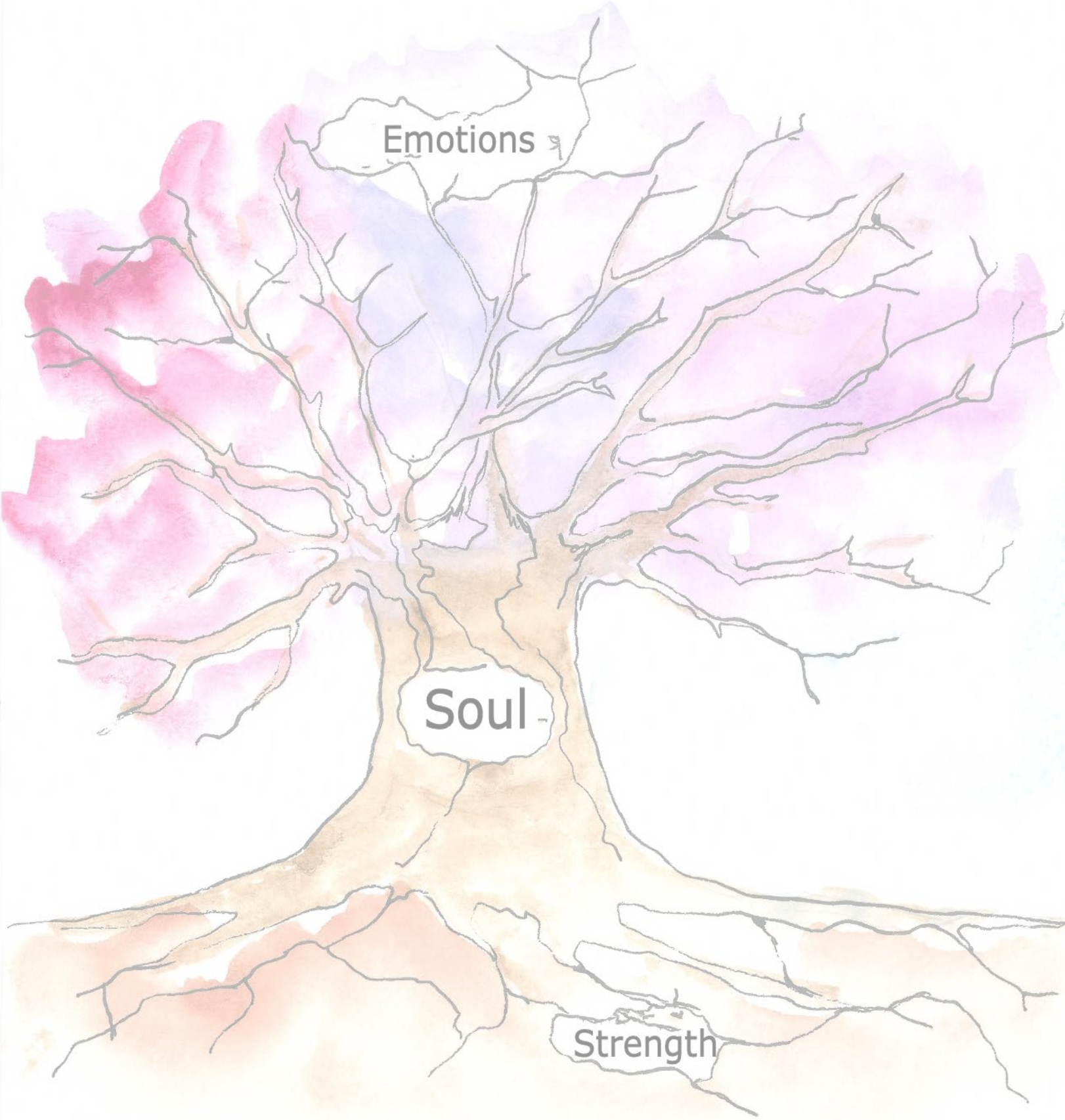
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***ESGO ENGAGe community:***

If you'd like to join us or you need more information,  
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I.

*Before  
treatment*



## *Attunement prior to treatment*



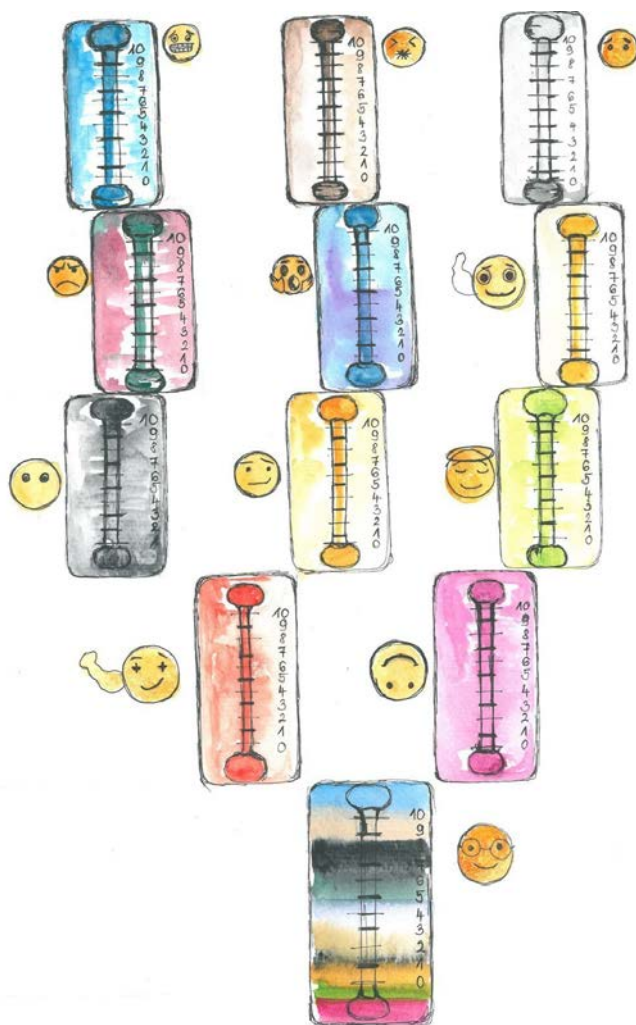
You can read stories in this chapter that will give you strength and take your mind off of things.

We'll also do our best to help you  
- as much as humanly possible -  
take a breather before the treatment.

# *Emotional thermometer*

The illustration depicts thermometers that measure various emotional states. Please indicate the numbers between 0 and 10 that most accurately reflect your mental state throughout the past week, including today!

Mark how much assistance you had or need to get through the challenges you encounter in the last column.



1. *Stress*
2. *Anxiety*
3. *Depression*
4. *Anger*
5. *Despair*
6. *Hopelessness*
7. *Spiritless*
8. *Hopefulness, faith*
9. *Serenity*
10. *Optimism*
11. *Confidence*
12. *I needed / need help!*

If you marked a high number on the last thermometer and feel like you need assistance and guidance, my advice is to visit a specialist or support group. Help is available on the last page if you're unsure where to go.

## The princess and the quince tree

Once upon a time, in a land far, far away, lived a magical princess whose name was Mallow Flower. She was so beautiful in her pale, lavender dress that you could stare at the sun, but not at her. She always had a smile on her face and was kind, humble and lovable, just like the way it was taught in the royal court. She was looked after by the king and queen, who treated her as the apple of their eyes and were incredibly protective of her.

There was a quince tree in the princess's garden with emerald leaves, silver flowers and golden apples. When the wind rustled its leaves, it created a melody like the bells of angels. The princess wandered around in the garden quite a lot; she found comfort in the jingling sounds and revitalised her.

One day suddenly the princess became really sad. No one knew the reason why, but she was so gloomy and was weeping all day and night that her tears flowed in streams. Still sobbing and with her eyes cried out, feeling upset and broken, she strolled along in the lull garden, her clothes appeared faded and the backyard silenced.

- *Don't cry princess Mallow Flower!*  
- people begged her day after day.

- *A princess must not cry. A princess must be kind and cheerful!* - But the more they asked, the more she became depressed.

The chime of the silver flowers fell silent forever. The tree produced plain leaves, bloomed real flowers and bore edible apples. The king was heartbroken as he felt remorseful for her daughter. What more could be done, he wondered.

There are no problems in the world a king cannot solve. As soon as the tree started to blossom, the king sprinkled emeralds on its leaves, silver-plated its flowers, and gilded its apples, but all in vain; the leaves withered, the flowers shrivelled, and the fruits all fell.

The king went to see the wise old sage and confided in him his suffering.

- *When the princess was happy, the quince tree bore emerald leaves, silver flowers, and golden apples, and it chimed in the wind like the bells of angels. Ever since the princess has been sad, the tree stopped yielding golden fruit. I've tried everything, but I can't find a solution.*

- *You nurtured the leaf, the blossom, and the fruit, and you wanted to force the tree to produce what it ought to have done on its own.* - *said the wise old sage.*

- *However, since you were only interested in its crown and not its root, the tree was unable to build a beautiful crown on its own because it lacked the strength to do so. Not simply its crown should be admired; the base must also be taken care of. If its roots firmly grasp the soil, its girth will be sturdy, its crown will bloom exquisitely, it will smile and bear fruit, and the golden apple and the silver flower will have an echo like the bells of the angels. But if its roots are weakened, the fruit will be rotten. Water, the source of life, is necessary for the foundation. The princess needs to cry in order to smile again.*

The king watched in awe as the wise old sage resumed:

- *The crown of the tree is nothing but the emotions of the princess, all the richness, beauty, grace and charm of her fantastic life. The trunk of the tree represents the princess's soul which holds the magnificent crown. It generates the power to create the many wonders and treasures of life through the root. The soul stays empty if the roots are weak since there is nothing from which to derive prosperity, comfort, healthiness, and strength.*

The king understood the words of the wise old sage. He watered the golden

apple tree, nurtured its roots, and hugged his daughter.

- *Weep my little darling, let out your sorrows and then you'll be able to find your peace.* - the old king whispered softly in her ears. At that moment all of the princess's tears transformed into precious pearls which fell on the silver leaves like tiny drops of dew.

Oh, my goodness gracious – you wouldn't believe it if I told you, but the king was blinded by the immense brightness of the gorgeous garden, which suddenly sparkled and dazzled in a way as never before. Then the princess smiled so wholeheartedly that everyone felt happy once again.

After that day people throughout the empire were allowed to weep as well as laugh. When the princess was under the weather, she cried till she felt better. She was no longer merely courteous and kind, but occasionally sad and angry. The kingdom realised that sometimes we must cry our hearts out in order to smile again. Our roots need to be tended for our crown to be strong.

And they all lived happily (and sometimes gloomily) ever after.

## *The tale of princess Mallow Flower, who was bold enough to toss the frog against the wall*

**C**an you believe that princess Mallow Flower's tears made her so stunning on the inside and out that even the Sun – which has already seen a thing or two from so high up in the sky - was in awe when it shone on her? When the Sun accompanied the princess on her walks, it couldn't help but be amazed. Nearby the royal palace was a vast, eerie, gloomy forest, and beneath its oldest tree stood a well.

When the weather was scorching hot, the princess ventured deep into the woodland and sat down by the well to unwind a little. She and her mother made a YoYo ball filled with sawdust, scraps, rags, wood shavings and bits of paper. Despite having a huge pile of new toys, this one was her absolute favourite because she adored its rhythmic movement of ups and downs. She even mastered performing some stunts with it.

The princess always held the ball in her palm, a task that wasn't easy because if she played with it too much, the string would easily snap and sting her, which was quite painful. Every so often she would throw the ball up in the air, but one time it went too high and she couldn't catch it, so it fell into the well. No matter how she bent over the edge of the well looking and

and searching for the ball, it was nowhere to be found.

She sobbed bitterly, but realised that crying her eyes out was indeed a very good thing because that's what she needed in order to ease her spirit and soothe herself. She noticed a high pitched voice as she wept:

- *What's the matter princess Mallow Flower? All of this misery is causing my heart to break as well.* - The princess looked around searching for the source of the voice. She didn't see anyone at first, but then she suddenly spotted an ugly, fat, and slimy frog.

- *Princess Mallow Flower, tell me what sorrows you are carrying.* - the frog said.


- *I'm not going to tell you. How could you, you frog, help me?* - wept the princess.

- *Better think about what you would give me in exchange if I returned your ball.* - snapped the frog.

- *Whatever you want, you can have my whole kingdom!* - promised the princess enthusiastically. - *This ball is precious to me, it will break my heart if I don't get it back.*

- *Alright. Let's make a deal! I don't want your kingdom, I want you. Feed*





*me at your table, from your plate, give me a drink from your glass, and put me next to you in your bed!*

- *I'll do anything you want, just bring me back my precious ball!* - said the princess happily, but then she secretly pondered: "What on earth is this naive, ugly frog thinking? He must be joking, right? He's down there frolicking in the sea, how could he eat from my plate and share a bed with me?"

She couldn't finish her own thoughts, the frog jumped into the well. It wasn't long before he emerged from the water with the ball in his mouth and he rolled it in front of the princess. The princess's heart was racing with joy, and in her happiness she completely forgot about the frog. She snatched up her toy and quickly fled the scene before he could say a word.

The frog jumped and croaked after her in vain: "Ribbit, ribbit! Pick me up, don't leave me here!" but princess Mallow Flower didn't bat an eyelid. From the moment she got home, the princess didn't even think about the ugly frog.

But one day, the frog stood at the entrance of the palace and shouted:

- *Princess Mallow Flower, open the door at once!*"

The king opened the door and the frog told him about what exactly had happened in the forest. He told him everything from the beginning to the end, how princess Mallow Flower lost her favourite toy, and what she promised him in return.


The king sighed heavily as he urged the princess to keep her word and let the frog sit at her table. There was nothing she could do, so she sat the frog on the chair.

- *Pick me up and put me next to you!* - he commanded. The princess put him on the table, and when he was sitting there, he said: - *Move closer so we can eat from the same plate as you promised!*

She hated this whole situation, so she hesitated but the king reminded her that she has to fulfil her promise, she can't break her vow. The frog ate from her plate, drank from her glass, and when he was full, he said:

- *I've had enough to eat and drink, I would like to rest now. Bring me to your chamber and let me sleep in your silk bed.*

The princess burst into tears because she despised the frog so badly that she wouldn't even consider putting him into her bed.



However, the king commanded her daughter, whether she wanted to or not, that the frog helped her when the princess was in trouble, so she has a duty to thank him. Princess Mallow Flower picked up the frog with two fingers, carried him up to her room and put him in the corner but the frog said he would like to sleep next to her in the silk bed. With tears in her eyes and in disgust, she put the frog to bed, but he continued:

*- Princess Mallow Flower, you promised me a kiss!*

The princess was furious. She had never felt anything like this before. Her face was flushed, her heart was beating violently, she could feel her blood boiling.

*- How dare you, you ugly frog! Wasn't it enough that I sat you at my table, fed you from my plate? You want me to kiss you? Why would I want to kiss somebody that I don't even love? Why would I have to do something that I utterly despise?* - she yelled as she tossed the frog against the wall with such force that it shrieked so loudly that he

immediately changed into a charming prince.

*- Father, I have every right to change my mind!* - said the princess to her astonished father.

Secretly, the king was proud of his daughter for standing up for herself.

*- No means no.* - reflected the king. *- I also said yes to things which I should have said no for so many years...* - he muttered.

The princess was caught by such a surprise she couldn't speak, and she was unable to take her eyes off the handsome prince.

The beautiful princess with her brown hair, twinkling eyes, and beautiful figure in a lovely, mauve dress also caught the prince's attention. In an eight-horse carriage, they made their way back to the prince's castle where they got married the following day and lived happily ever after.

Well, almost, but I will tell you about this in the next story.



## *The apples of a smile*

As time went by, princess Mallow Flower and the Frog Prince had kids, princesses Lili and Viola, who brightened their lives. No one on Earth was as happy as they were, they had everything they ever dreamt of. The kingdom rapidly grew as the kids got older.

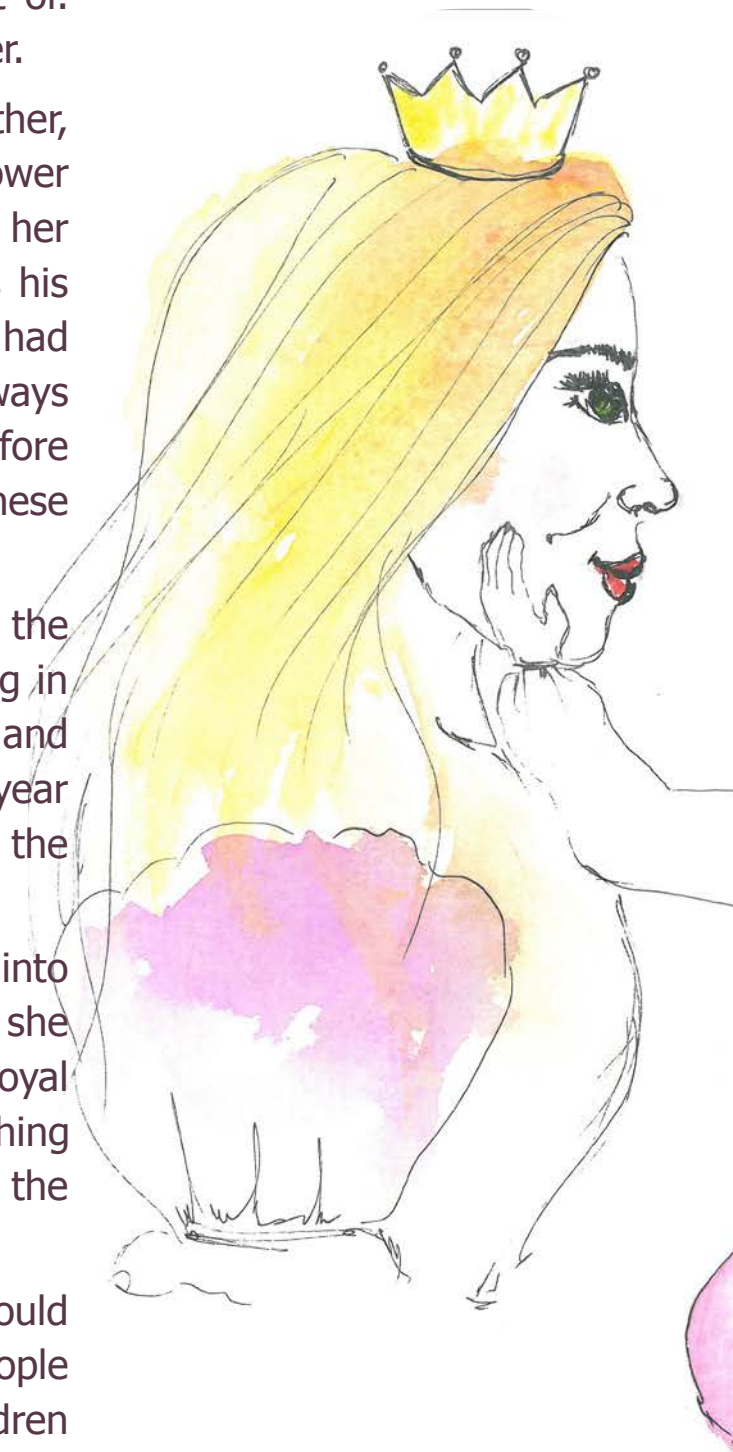
One day the old king, the princess's father, passed away and the now queen Mallow Flower sank into a deep despair once more. Then, her husband recalled all the fascinating old tales his nanny had told him when he was a kid. He had adored these stories so much, they always brought a smile to his face. Every night before queen Mallow Flower went to bed, he told these old tales to her until she fell asleep.

He told stories of old kings and queens, the great battles they fought, the stories of falling in and out of love, he told about losses, grief and the birth of new lives. He spent an entire year telling stories while keeping an eye out for the tiniest hint of a smile on his wife's face.

But the queen's once twinkling eyes turned into an empty stare, she couldn't be happy, she couldn't laugh. Even the doctor of the royal household was called to examine her. Everything was shipshape and Bristol fashion, but sadly the queen's condition remained unchanged.

The court jester firmly believed that he could make the queen laugh. He gathered the people of the court and asked the mothers and children to stand up facing each other. The kids were blindfolded and each of them had to recognize their mother, by using only their hands as they were gently touching their faces.

Queen Mallow Flower eagerly awaited the turn of her young kids.



Despite her excitement, she was also confident that Lili would surely recognize her because her daughter had caressed her face hundreds of times before. When Lili approached her and gently touched her mother's face, she shook her head and said: - *She is not my mum!*

Queen Mallow Flower wished the ground opened up and swallowed her. The court jester thought his head would be taken for this, but this is not what has happened. The queen asked her eldest daughter why she didn't recognise her, since they used to stroke each other's faces every night. Princess Lili replied:

- *Mother, this wasn't here!* - pointed to the area under her eyes. - *The apples were not here!*

What Lili meant was the apples of laughter and smiles, when you have a dimple on your cheek and it forms a cute little ball. The corner of queen Mallow Flower's mouth was turning upwards as tears started to roll down on her face. She hugged princesses Lili and Viola as she whispered in their ears:

- *The apples of laughter were always here! But sometimes we smile inwardly, therefore they are invisible.*

She wiped away her tears and told the Frog King that it was finally time to have a little happiness in the royal court. They held a ceremony for the belated king to commemorate his life and invited family and friends. They had a little nostalgia and after sharing their memories of the old king, everyone retired to their beds feeling grateful and pleased.

The apples of queen Mallow Flower were no longer invisible. The court jester was rewarded generously and held in high regard ever since.



## *Queen Mallow Flower and the time*

As time went on, the Frog King was tasked with an increasing amount of administrative duties and was required to visit the neighbouring kingdoms more often. He would sometimes leave in the spring and wouldn't come back until the end of the summer. The Frog King ought to have spent his time on Earth with his family, queen Mallow Flower thought. When the king came back, he started to rule his kingdom with his newly acquired strength and enthusiasm, but he found himself with a lot of work to do. Princesses Lili and Viola asked more and more questions as they grew.

- *Mother, where is our father?*

- *He is working for all of us, for our family.* - queen Mallow Flower replied. However, it was clear from the sadness in her voice that her heart was full of misery and small, gloomy wrinkles started to form on her forehead.

No matter how many times she demanded an explanation from her husband for being gone so long, she was always met with the same response: " Power comes with a lot of responsibility. There is a great deal of conflict and wars and a king can't rest, he has a duty to protect his people. "

Whether queen Mallow Flower believed it or not, her husband's loving

gaze made her heart melt, and her anguish all of a sudden disappeared. But when the queen glanced at the empty chair at the dinner table, the sadness overcame her once again.

The Frog King often emphasised that hard work is required before you can rest since the kingdom's stability and financial security must be established first. But he always said this same thing year after year.

When her husband was no longer moved by her pleading words, and when his work meant more to him than his daughters' smiles, the queen grew resentful.

When the Frog King finally returned home one day, the queen discovered that she was unable to have a conversation with him about anything. So much time had passed since their last encounter that she didn't even know where to continue her story, but the Frog King didn't really pay attention; instead, he told tales of recently conquered kingdoms and looted treasures.

As time passed, Lili and Viola grew older and stopped running to their father's arms when he came home, but he didn't even notice this either. The Frog King was alone at the table, but he did not realise it because he was so busy telling stories.

One night, when the queen returned home, the Frog King was nowhere to be found. She believed he was resuming his expedition to conquer new lands. She saw a tiny frog hiding in the corner while she was searching around. The Frog King turned into a frog once again.

Queen Mallow Flower wondered if she should toss this frog against the wall to turn back into her husband but when she turned to face the frog, she saw his sad expression on his face. Her heart sank as she held him tight and wondered how they could have drifted so far apart on their journey.

Believe it or not, suddenly the frog transformed back into her husband and

the queen held him in her arms again. The Frog King burst into tears of joy when he saw his wife's kind and loving face. The moment they locked eyes, time seemed to stand still. Without saying a word, they simply stared at one another. A whole day was spent talking and listening.

The Frog King stopped visiting foreign kingdoms and sharing tales of far-off treasures thereafter. He abandoned his word-conquering plans and no longer wanted a new empire, more wealth or power.

They lived happily ever after in peace and love with their beautiful daughters, Lili and Viola.



# *The greatest treasure*





Princess Lili, the eldest child of queen Mallow Flower, decided to seek out the greatest treasure there is. In the empire, rumours circulated that his father, the Frog King, had likewise set out to find it, had journeyed through many empires and seventeen countries, and had once returned empty handed, yet claimed to have found the greatest treasure.

Princess Lili considered beginning her quest within the castle. She went up the lengthy spiral staircase leading to the loft, and as she touched the door's rusty old wrought-iron handle, the door creaked open loudly. She entered a secret room, lit the candle, and the trinkets came to life in the yellow light. Many things were there, including old pocket watches, an antique tapestry of queen Mallow Flower, rusty charcoal irons, heaps of manuscripts, remains of tulle curtains, and dusty artworks, photos, and paintings. A coffee grinder was discovered, too. Well, even the kings drank coffee back then!

She looked everywhere before he found a dusty, bottomless iron-wrought wooden trunk. A small box was tucked away at the bottom of the chest, studded with decorative, brilliant stones. Princess Lili opened it, then shut it again, somewhat disappointed. The rungs of the ladder started to creak as the Frog King's figure appeared among the dust specks that were glistening in the light.

- *Please open it once more!* - asked the Frog King. Lili opened it for the second time. A mirror was perched atop the box and she smiled upon herself.

- *You are my greatest treasure!* - the Frog King said, wiping a tiny teardrop from his eyes. He was frequently reminded

though, that a real man doesn't weep, but princess Lily thought that everyone was entitled to cry, including boys and girls. Not just in our sadness, but also in our happiness because tears relieve pain and sorrow from our hearts.

- *We're all looking for hidden treasures, but after exploring every corner of the earth, we realise that everything has always been within arm's reach, we all possess it deep inside. I know because I was looking so hard that I almost lost mine.* - said the Frog King to princess Lily as he hugged her.

The Frog King and princess Lily were laughing and chasing each other around the trinkets when queen Mallow Flower and princess Viola arrived in the attic.

- *My daughters had grown up and would soon fly away.* - thought queen Mallow Flower to herself. - *What will happen to the Frog King and I? How will Lili and Viola fare in the real world? What kind of royalty will ask their hand in marriage, I wonder? If they move far away, what happens then?*

The Frog King read queen Mallow Flower's mind, so he whispered in her ear as he hugged her:

- *We shall always be cherished in their hearts. We will always be there by their side.*

And so it was. When the girls visited the kingdom, the grandchildren's tinkling laughter could be heard around the courtyard. In spite of their difficulties, the Frog King and queen Mallow Flower considered themselves to be extremely fortunate.

Snip, snap, snout, this tale's told out.

## Psychology techniques and tasks to overcome pre-hospital stress

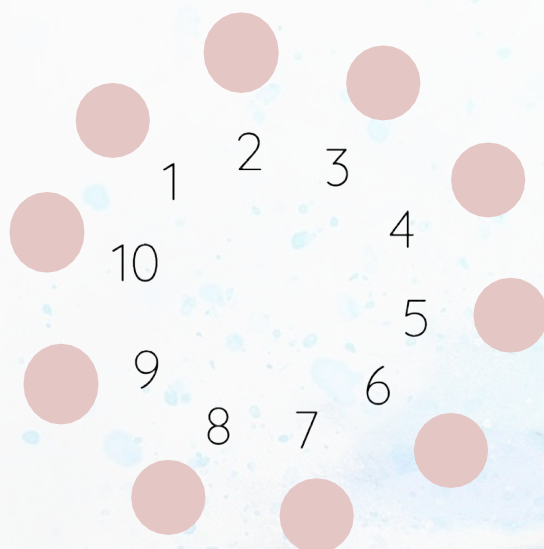
The time leading up to treatment, from the onset of symptoms to the planned procedure, is emotionally extremely demanding. Then the next hurdle to get past is the treatment itself. In such circumstances, we fight not only the diagnosis but also the absence of our home and loved ones, our anxiety of surgical treatments, potential aftercare complications and a number of other difficulties.

We feel as though we are no longer in charge of or actively participating in our lives; instead, things just seem to happen to us. Using the following tasks, let's regain control over our life and feel more in charge!

Making ourselves aware of our stressors and the specific causes of our anxiety is the first and most crucial step in managing our stress. After all, by identifying the source, we have already made progress toward eliminating it.

Thereby, **Mallow Gal**, your current goal is to assign points to your worries, anxieties, and stressful thoughts!

**Please rank them!**



*Take a glance at your list and explore it further!*

Let's look at the points that we can easily reduce.

For instance, if you are terrified of anaesthesia, acquire information from the doctor or another reliable source.

Ask what the procedure entailed, what the effects were, how it was carried out, etc.

Fear is a product of our imagination; we picture a scenario that is frequently false, exaggerated, and dreadful.

With accurate information, we can minimise the role that our mind plays in distorting reality and feel that we are in control once again.

If you have the strength, confront these worries now; if not, come back to it later.

## Task 2

Let's continue getting ready for the procedure by gathering general information.

As was previously mentioned, our worries are the result of our own distortions, which result from us filling in the blanks with our own (catastrophizing) fantasies.

### *Inquire, inquire, inquire!*

Discuss with the doctor and the medical team what will happen to us, from moving into the hospital to saying our goodbyes.

**When should we arrive on the day before the procedure?**

**What should we bring with us?**

**What tests are scheduled for that day?**

**Can we get anti-anxiety medicine if we have trouble sleeping**  
(Getting enough rest before the procedure is crucial!)

**On the morning of the procedure, what time do they wake us up and how do they get us ready?**  
(premedication, catheter, etc.)

**When does the surgical procedure begin?**

**Where are we being taken when the patient transporter arrives?**

**What's the inside of the operating theatre like?**

**What happens throughout surgery?**

**How long does it last?**

**Where will they take us after surgery, and for how long?**

**How is pain relief accomplished?**

**When are visitors welcome?**

**How soon after surgery may I call them?**

Each hospital has a unique scenario, but the more knowledge we have about it, the less anxious we are. Even though it won't be fully gone, we did well if we are just a tiny bit less worried than we were before. Lowering stress speeds up recovery and lessens the anticipated pain from surgery.

### Task 3


Consider what gives you strength right now.

What do you cherish in life?

What energy sources do you have?

What is it worth fighting for?

Write as many as you can.



A decorative floral illustration in the top right corner features a variety of colorful flowers, including a large pink rose, a yellow sunflower, and several smaller daisies and dandelions in shades of purple, blue, and yellow.

Below the text, there are several light brown hexagons arranged in a descending staircase pattern from left to right. In the center of the page, there are five light brown hexagons arranged in a vertical column. To the left of this column are six empty rectangular boxes stacked vertically. To the right of the column are four empty rectangular boxes stacked vertically. At the bottom of the page, there are three light brown hexagons arranged in a horizontal row.



## Task 4

A decorative border of brown hexagons surrounds the writing area. The hexagons are arranged in a grid-like pattern, with three hexagons in each row and three hexagons in each column. The writing boxes are arranged in a grid-like pattern, with four boxes in each row and four boxes in each column.


What accomplishments in your life have you been most proud of?

What issues did I fight with or resolve?

Gather situations and moments from your life,  
where you felt proud of yourself.

Write as many as you can.



## *My mantras*

Our own mantras (personalised encouraging messages that serve as reminders of our goals) can give us courage to continue in difficult life events when it might seem easier to give up.

*But what precisely is a mantra? And what defines a powerful mantra?*

A mantra is a word or phrase that we repeat to ourselves when our mind, body, and spirit need support and encouragement.

For instance, it is employed in the Hindu and Buddhist religions to encourage focus during meditation.

A mantra can help us stay motivated when we start to feel discouraged, to keep our focus, calm our minds, and point us in the right direction of our goal.

It is a positive vibration that eliminates negativity from our mind.

*Make a mantra (or several) if you don't already have one! :)*

### *Attributes of a powerful mantra:*

**It conveys a unique, personalised message that must be meaningful to you** (it can be, for example, the lyrics of a favourite song, a motivating and encouraging sentence from a friend or an important experience of our own life).

**It's written in second-person singular** (this type of statement has the strongest effect).

**It is in the present tense.**

**Does not have the word "no" in it**, do not use negative statements!

Most experts advise reciting your mantra firmly, calmly, and out loud.

Yet, if you're too shy to do that, just whisper it quietly to yourself.



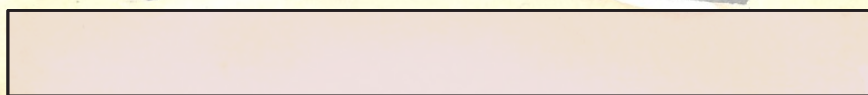
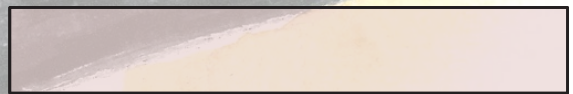
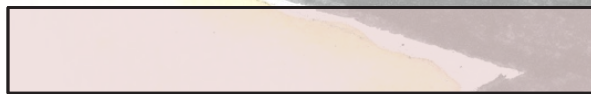
Here are a few examples if you need a little help:

*You are capable!*

*You can do it!*

*Take it easy!*

*You are strong!*



Create your own mantra(s) now!  
And do not forget to put them into practice!

# *Relaxation*

Relaxation comes in a variety of forms.

We consciously relax our body during meditation, which induces a rejuvenating and profound condition.

By relaxation, we are able to achieve a conscious state that is on the verge of sleep and wakefulness, that is calming, energising, revitalising, and healing at the same time.

In this instance our body's natural ability to regenerate itself is enhanced, blood pressure and heart rate are lowered, and the development

of new immune cells is boosted.

We can do relaxation techniques while sitting or lying down, during the day or before going to bed. Let's devote ourselves completely to meditation in a peaceful setting; closing our eyes is beneficial.

If we choose not to do so and keep them open, let's select a spot and focus on it. While doing so, we could also play music.

Practice is essential because it allows us to become more adept and also to establish a physical – mental – spiritual





reflex circle, which supports the body's equilibrium and harmonious functioning.

We should relax every day. Most people need ten to fifteen minutes to unwind.

Cherish this moment, which is all about you, your body and your healing. It is vital to maintain this level of tranquility for as long as it's comfortable.

Try to recite the text of relaxation to yourself in your inner voice, not out loud, while sitting comfortably, closing your eyes or focusing on something in front of you. Don't forget to

breathe through your nose.

Even if you haven't exactly memorised it, with practice, the text will become more and more embedded in your memory, allowing you to fully immerse yourself in this great and wonderful experience.

Also remember that relaxation techniques are skills. As with any skill, your ability to relax improves with practice. Be patient with yourself. Don't let your effort to practice relaxation techniques become yet another stressor.



## Slowly count down from 10 to 1.

Take a deep breath and then slowly exhale.

As you inhale, your chest rises.

Blow it out gently and gradually.

Your lungs fill with oxygen with each breath,  
and with each exhalation your body relaxes a little bit more.

You feel that when you breathe out, your muscles loosen up  
and you slowly sink deeper into the bed or chair.

You're at ease and at peace.

Focus solely on yourself.

Give yourself over to the harmony of your physical,  
mental, and spiritual well-being.

Think about the body parts in the following order:

Your feet are resting comfortably.

Your ankles, knees, and toes feel completely relaxed.

Your thighs and hips feel heavy,  
as they are kept firmly in place while you are lying down.

Your pelvis is relaxed.

Your stomach and chest also feel relaxed.

Release the tension in your shoulders and arms.

Loosen up your elbows and wrists.

Lay your hands on the bed, on the chair, or on your thigh.

Relax your waist.

Stretch out your back.

Relax your head and neck.

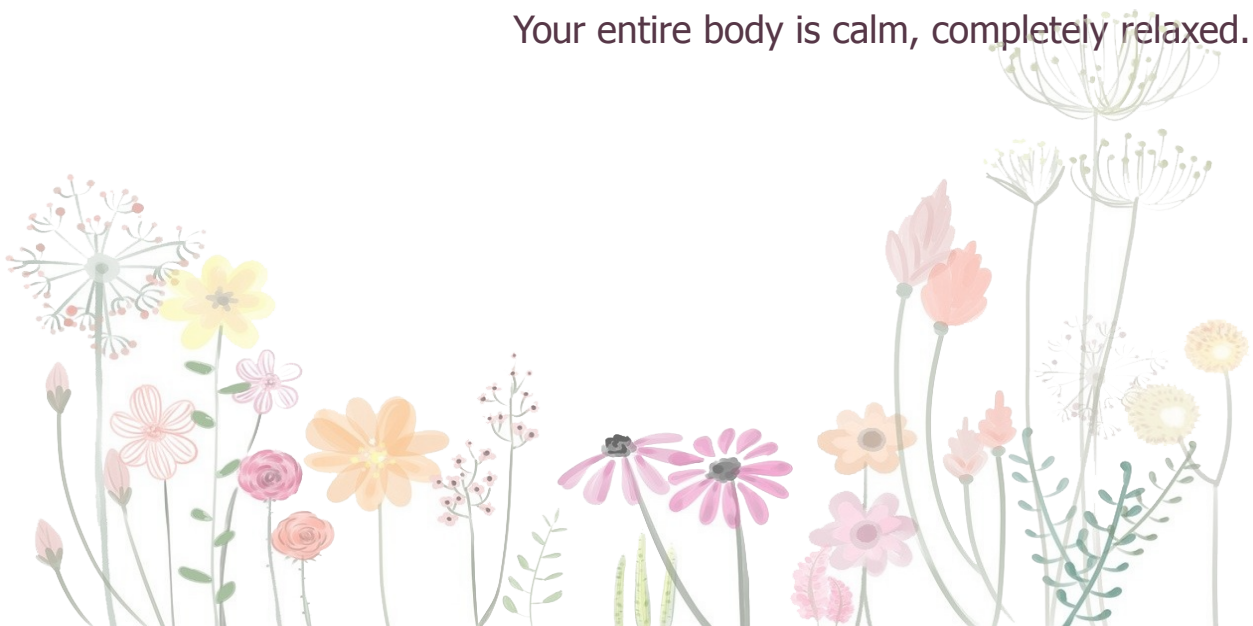
As they gently cover your eyes, your eyelids feel light and soft.

Relax your face and scalp.

Loosen your tongue muscles.

Lower your chin gently.

Your entire body is calm, completely relaxed.



Mentally examine your body with your inner eye while you are serene and at peace.

With the help of your spiritual eye, caress your body with love.

Fill your heart, lung, stomach, and every bone in your body with this love.

All of your cells are working for your overall health.

Feel your body treating you with the same level of love you have for it.

I trust my body.

Your entire body, including every cell, organ, and body systems, works together in unison to support your health.

Feel a gradual warmth wash all over your entire body.

Imagine the pleasant warmth of your own love spreading throughout your entire body.

It replenishes your cells with all they require while flushing out anything toxic or unnecessary.

Spend some time soaking up all the strength and energy you need to get your body ready for recovery.

Slowly say goodbye to this pleasant, calm and relaxed state.

Take a deep breath, then exhale through your mouth.

Use this exhalation to remove all negative ideas and anything else you no longer require.

Take a deep breath once more, and then exhale anything that worries you or makes you feel bad.

Flex your muscles and move your body slowly and gently.

Stretch your muscles, take a few deep breaths, and then open your eyes feeling refreshed and rejuvenated.

*Hope you feel better  
and completely  
relaxed!*





*Creative workshop*

*My body*

**I WANT TO BE HEALED!**  
**I WANT TO BE REJUVENATED!**  
**I WANT TO BE HEALTHY!**  
**I WANT TO BE STRONG!**

*My soul*

**I WANT TO BE STRONG!**  
**I WANT TO BE HAPPY!**



## To your strength – messages from fellow companions

“ I have a message for everybody who is going through treatment right now: Never forget how *fantastic* you are!

You have been given a chance to fight for your life, to learn, to raise yourself to a higher level! Fight, endure, and love the *improved*, smarter, more *powerful*, and better version of your former self — with flaws and all.

You have to live with yourself for the rest of your life, whether you like it or not, because this is who you are.

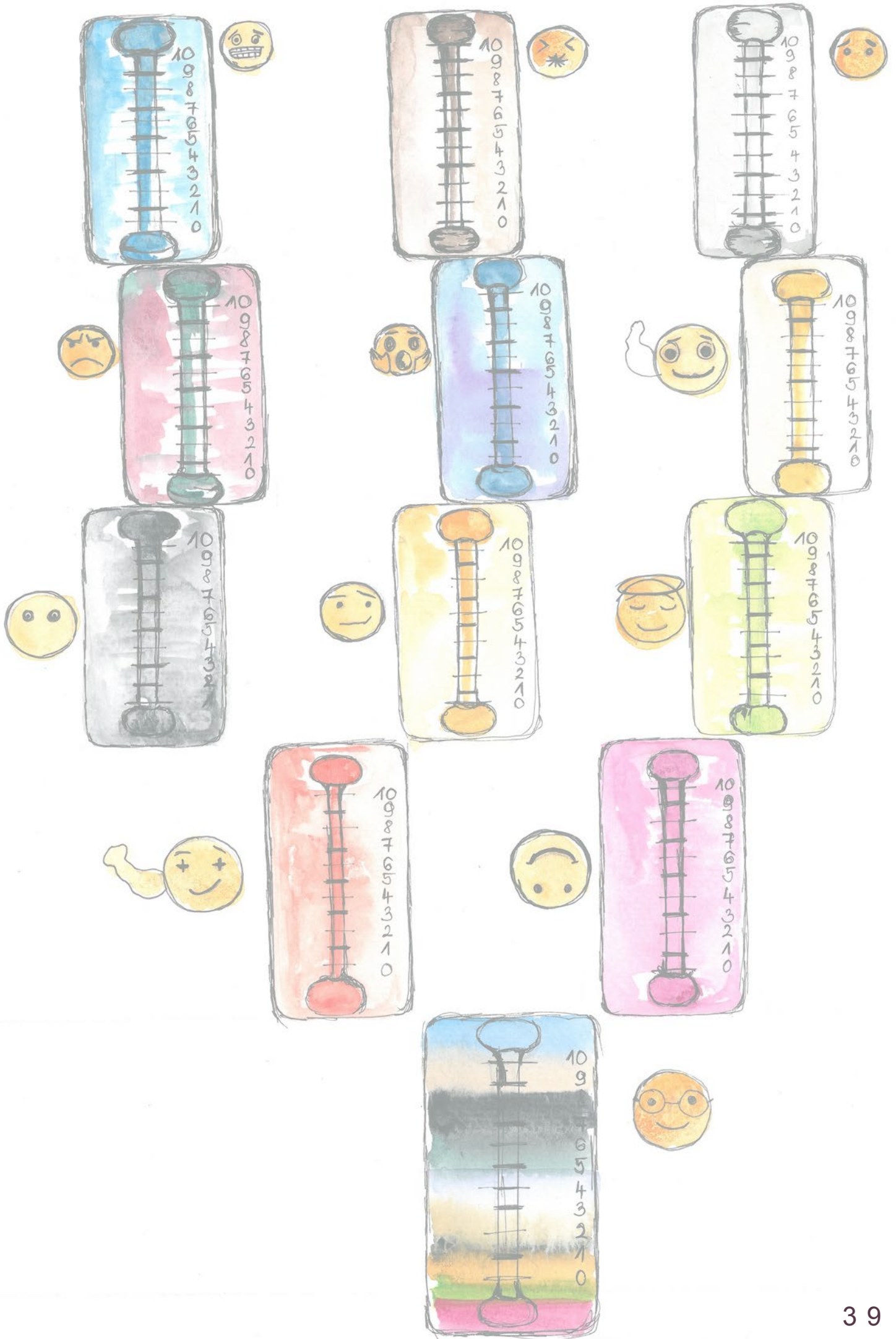
Some individuals never even have the chance to do that, they lose everything you can *fight* for right now in an instant, therefore *appreciate* and value it! ”

*Zsuzsa B.*

## II.

# *In the hospital*

We find that hospital stays can be extremely stressful, particularly while we wait for procedures or treatments. Using tasks, stories, and educational tales, we try to make the time go by more quickly and, dare we say, pleasantly in this chapter.

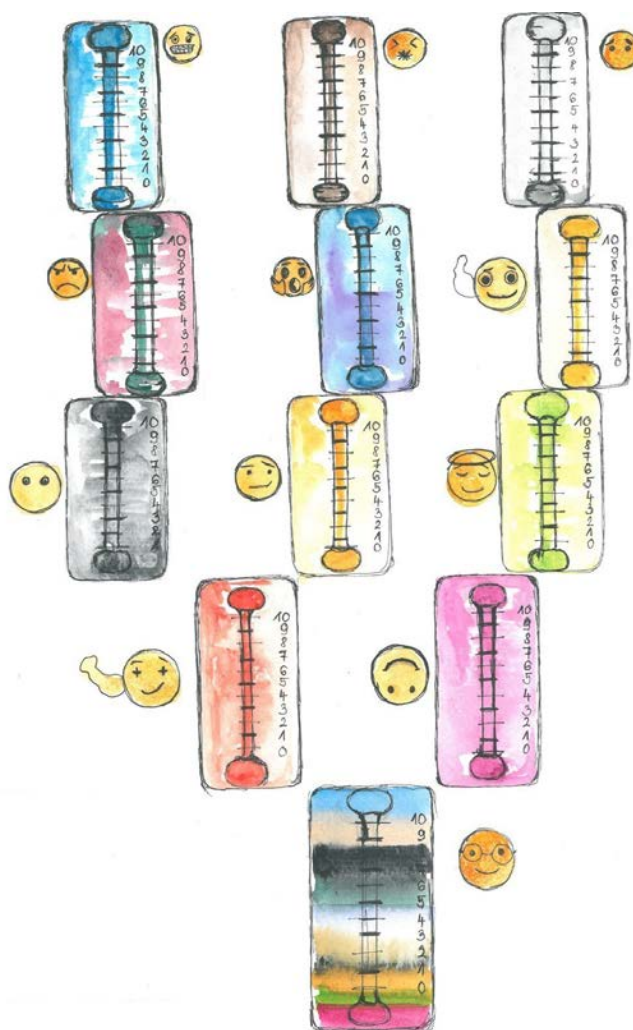


## *Emotional thermometer*

The illustration depicts thermometers that measure various emotional states. Please indicate the numbers between 0 and 10 that most accurately reflect your mental state throughout the past week, including today!

Mark how much assistance you had or need to get through the challenges you encounter in the last column.

1. *Stress*
2. *Anxiety*
3. *Depression*
4. *Anger*
5. *Despair*
6. *Hopelessness*
7. *Spiritless*
8. *Hopefulness, faith*
9. *Serenity*
10. *Optimism*
11. *Confidence*
12. *I needed / need help!*



If you marked a high number on the last thermometer and feel like you need assistance and guidance, my advice is to visit a specialist or support group. Help is available on the last page if you're unsure where to go.



## *The way I see myself...*

### *Boost your self-confidence!*

You're in a medical facility. Examine the area and assess the terrain.

Turn the otherwise bland environment into more intimate.

You can heal in this environment.

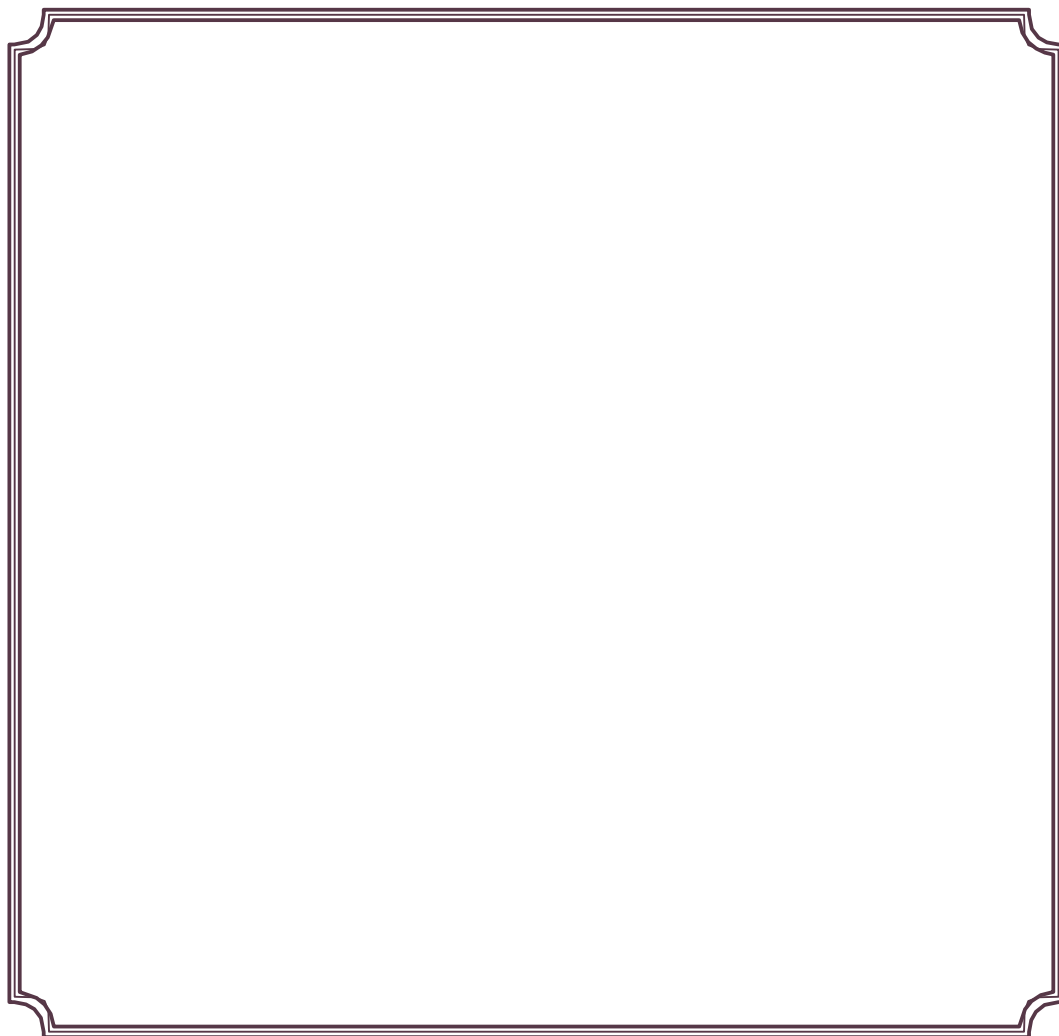
Try and decorate it a little bit to make it work for you.  
(perhaps with a family photo)

In a year, how do I envision myself? How will I fare? Who will surround me?

Draw yourself!

It's possible and quite natural that you'll feel as though  
you can only see till the procedure but no further.

Try to broaden your perspective and picture where you want to be in a year.



*How do I see myself?*

## Colouring pages

Try to rest a little.

People unwind in different ways: some by interacting with others, some by focusing more on themselves.

Choose your own path.

Speak with your family, friends, nurses and roommates; you'll find a partner for sure.

You can also colour in, complete crossword puzzles, read, or simply relax.

We offer possibilities for this here and at the end of the booklet.





## *The gift of my losses – The story of Judit*

I opened my eyes. My husband was leaning over me. His face was strange, not what I was used to seeing. I must have been looking at him strangely myself, because he said:

**- I've decided that I'll only shave  
if you survive this!**

On October 10, 2007, I was lying in bed in a hospital's second floor intensive care unit in Buda.

I had trouble breathing.  
My kidneys were malfunctioning.  
My blood flow was impaired.  
I was placed in an  
artificial coma for two days.

Six stories up, my newborn daughter was adjusting to life while I struggled to come to.

The nine months of my pregnancy was idyllic and easy. I recall, for instance, that I jumped off the tram at the Margit bridge stop in Buda because I still had some time before work and wanted to show my unborn child the soft caress of the early summer sun. I bought a fruit basket in the underpass and went back up the stairs, taking the steps two at a time, and sat on the first bench. I leaned back and allowed the sun's beams to bathe my body. I unintentionally smiled a little while placing my hand on my stomach. The taste of life is made up of a few blueberries, luscious peaches, cantaloupe, and juicy watermelon. They left a taste, scent, and emotional imprint on my soul. I made an eternal bond with my child then and there, both in good times and bad. I imagined her big brown eyes, her cheeky smile, and we winked at each other as we shared this intimate moment.

When my daughter was delivered at dawn, she let out a tiny, faint scream to let us know everything was okay. She silently stared with a

huge, all-seeing, wide-open eye. Everyone was taken aback by her, as though she possessed an otherworldly insight. She appeared to be familiar with everyone in the hospital room. The staff left the three of us in the room full of tears of joy.

This lovely view was invaded by a pitch-black, furious cloud. I started to feel quite sick, and my body began to feel heavy. I felt empty and lethargic, as though my strength had gone down the hallway to abandon me for good.

Where did all these doctors come from?

Doors opened, lights turned on, and nervous voices started to echo. The atmosphere in the room was becoming increasingly tense, but I hardly noticed.

It went pitch black for a while.

Days and nights in the intensive care unit were clearly distinct from one another following the artificial coma. Each day I grew more impatient as I waited to visit my daughter on the eighth floor. I struggled to understand why I was resting in intensive care when I had lots of things to do upstairs. How could I, who never gave myself permission to relax, accept it? I, who thought of inaction as almost sinful? I have always thought in terms of tasks which have to be finished in order to be considered complete. There was a baby on the eighth floor who needed to be fed, changed, and cared for. I had dreamed so much about her that I wanted nothing more than to hold her in my arms and smell her. But I couldn't, at least not yet.

Time moved much slower at night, my veins bulged, my entire body ached, and I felt terrified. I was frightened. A thousand monsters attacked me in the dark. Death came and went in the nearby room freely, without

asking for permission. I was so afraid he'd visit me I dared not move or take a loud breath, lest he noticed and took me. Nobody could have saved me. I felt so lonely.

I am much more informed today than I was back then. I became aware that there was something I needed to learn during my time in the intensive care unit: how to give up control and the trust that follows. I had to learn to have faith in other people's abilities to complete tasks and to accept it if they go about it in a different way.

What happens to our newborn daughter now? My spouse Krisztián was told to leave the hospital, and the baby would be sent to the infant ward. He replied: "I won't leave her; the only way you can get her is over my dead body."

Thankfully, the staff was very understanding, and Krisztián was able to return with our daughter to the double room where I gave birth. Father became into mother as the roles were reversed. Our doula, Emőke, who helped and accompanied us during pregnancy, became the father. She placed our daughter on Krisztián's chest, and wrapped them in a blanket as they rested for several hours. The little one attempted to find the boobies but, of course, was unable to do so; however, she seemed to truly like the "dad incubator." Emőke in the meantime took care of things that needed taking care of.

Krisztián initially attempted using a syringe to feed her, but ultimately found that a little cup worked better. Our daughter sipped it eagerly. While Krisztián wasn't holding her or changing her diapers, he was pushing her in the "baby taxi," the term for the moving hospital "bowl" in which infants are placed.

My husband became so involved in things that the maternity ward decided to make him an honorary mommy.

And our little girl? She patiently waited, didn't cry, she just stared. Everything went without a

hitch, without me having any control. But I began to understand something not just during the days but also during the nights in the intensive care unit. The value of presence and awareness. That there is still a lot I needed to learn about it.

I struggled with the demons of loneliness and terror in the ICU, and I didn't know how to calm myself. Today, I have the ability to consciously focus when I'm down: instead of the unknown, focus on the things that are certain, like the many things I will never lose. This helps quiet the internal, instinctive voices of anxiety.

After leaving the hospital, my physical and mental rehabilitation took a while. I'll confess that perhaps the hardest part was accepting the fact that I've lost something. Something that I can never get back. The first minutes, hours, days, and weeks of getting to know my daughter after giving birth. I struggled against the idea of irreversibility because I wanted to undo everything. I was unable to live my life while I was fighting it. I had to face my own story in order to release myself from this agony. I had to realise that, unlike a fruit stain on my clothes, I couldn't scrub or wash it away.

What else can I do? I can contextualise it by setting it within my life story, and tell that story. That's how I got my writing career started, and that's how the book "My Awakenings" came to be.

Everyone needs to experiment on how best to express their experience, whether it's through writing, painting, or even cooking. There is not one absolute truth; there are many different perspectives, experiences, and finally, whether we dare to trust our instincts.

My loss has given me the ability to be confidently and consciously present in my own life right now. I'm grateful for everything I have and will continue to have every day.

***Judit Nagy, coach, trainer, presenter,  
author of the book "My Awakenings".***

## *The morning of treatment*

Having inquired,  
you know what will happen next.  
You must wait, so relax once more,  
and make an effort to calm down.



Flip a few pages back.  
What gave you strength?  
What are you fighting for?  
What is your mantra?  
Read it again to refresh your memories.

If you'd like to, have a chat before going into surgery.

Everyone - operating room staff, patient transporters, nurses -  
are generally attentive and kind.

They interact with clients experiencing pre-surgery anxiety on a daily basis,  
so they are familiar with every aspect of the situation.

Converse and inquire.

Asking about the colour of the tiles is okay too, as long as you feel  
you are not alone.

Everyone will feel sympathetic if you **smile** at them,  
**hold their hands**, and tell them what you're afraid of,  
even though I know it's really difficult.

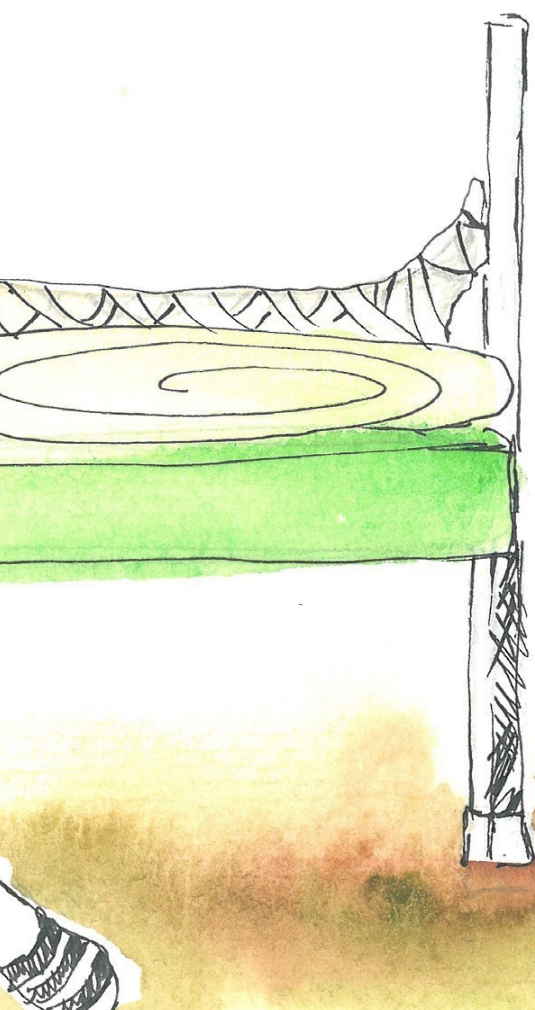
**Dare to put yourself, your body in their hands.**

Your soul is strong and a fighter, but you must let them  
take care of your body and trust that  
they will take good care of it.

They are professionals doing their utmost.

Uncertainty is the biggest enemy of the soul  
and it creates fear,  
so ask them to tell you all that will happen to you.

And when it's time to say goodbye to our loved ones,  
**be that a kiss that says " see you soon "**  
that gives strength, and not a farewell.



*The miracle is within us –  
An educational tale*





“ A farmer's donkey accidentally fell into the well one day. The beast howled piteously for hours while the peasant contemplated his options.

He came to the conclusion that since the animal was old and it was time to bury the well anyhow, it was pointless to drag the elderly animal out. He asked his neighbours to help. Each person grabbed a shovel and started dumping dirt into the well. The donkey realised what had happened and howled in despair.

Eventually, to everyone's amazement, he was getting more and more quiet. After shovelling a good few heaps of dirt, the farmer looked down the well. He was shocked to find that the donkey did something admirable. After every shovelful of dirt, the donkey shook off the earth and rose a step higher. The animal repeatedly climbed higher and higher as the farmer and his neighbours proceeded to bury the well. The donkey soon stepped over the well's edge and joyfully trotted away, much to everyone's amazement.

Life will throw all kinds of trash and dirt your way. Shake yourself off and take a step as you try to climb out of the well.

Every challenge is merely a chance to grow. If you keep going and don't give up, there is always a solution.

**Compose yourself and step up! ”**



## For your strength – messages from fellow companions

" Strong people are admired by everyone.

They are constantly complimented on their strength,  
ability to **tolerate hardship** and remain stable in the  
face of adversity.

And the strong ones usually smile quietly, shrug their  
shoulders and **carry on**.

Because being strong is painful.

Their strength was always preceded by weakness,  
when the world turned from its four corners or when  
they believed there was nothing left.

When the pain is so intense that there are  
neither tears nor solace and the heart skips a  
thousand and one beats.

The fact that someone is strong doesn't make  
them **unbreakable** by Nature, far from it.  
A strong person knows that **life goes on** no  
matter how awful or challenging things get  
because they have been through hell,  
gone through their greatest anguish in life,  
and given up a thousand hopes.

They pick up the pieces of their life that are  
broken and put them back together as they go along,  
day by day. Because they are conscious of  
the fact that they **always have a road** that is  
exclusively their own, and that by travelling that  
path, they may rediscover themselves. "

*Krisztina Sz.*

# Creative workshop

I'm strong  
and  
healthy

I'm strong  
and  
healthy

*I'm strong  
and  
healthy*

*I'm Strong  
and  
healthy*

I'm strong  
and  
healthy

I'm strong  
and  
healthy

I'm strong  
and  
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*I'm strong  
and  
healthy*

I'm strong  
and  
healthy

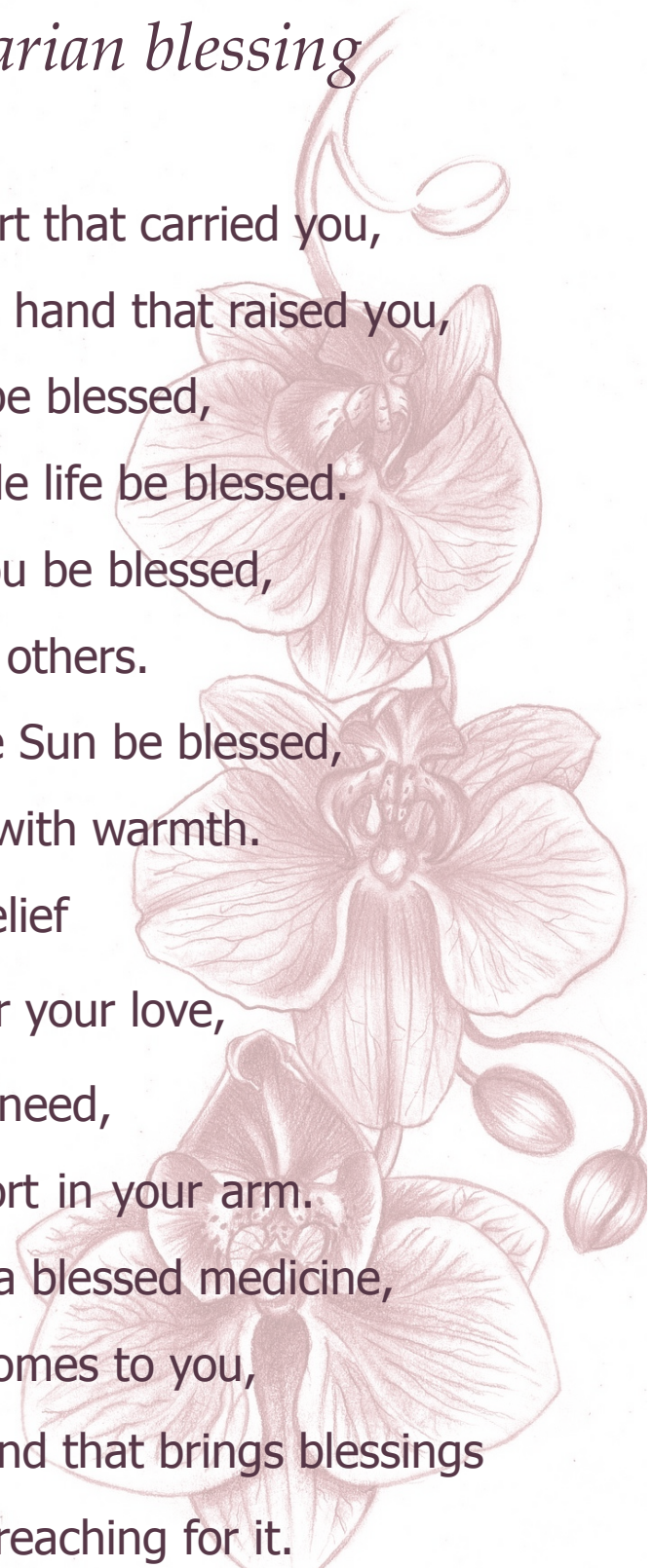
*I'm strong  
and  
healthy*

I'm strong  
and  
healthy

I'm strong  
and  
healthy

## *An old Hungarian blessing*

Blessed be the heart that carried you,  
And blessed be the hand that raised you,  
May your journey be blessed,  
And may your whole life be blessed.  
May the Light in you be blessed,  
To provide light for others.  
May the rays of the Sun be blessed,  
And fill your heart with warmth.  
To be a spring of relief  
For those thirsty for your love,  
And may others in need,  
Find blessed support in your arm.  
May your word be a blessed medicine,  
To everyone who comes to you,  
May you have a hand that brings blessings  
For those who are reaching for it.





May your smile be blessed,  
Be a solace to those who suffer.  
May you be a blessed encounter  
For those that look for you.  
Be blessed now  
All your mistakes, your sins, your flaws.  
After all, those who forgive  
Love you unconditionally!  
May you always be blessed,  
In pain, in suffering,  
In your joy, in your sorrow,  
Tempted between sins.  
Keep your purity  
Keep your kindness.  
Keep it for yourself  
And for those who love you.

# III.

## *Home again*

If you haven't done it yet, or didn't know where to start telling your family, children, coworkers what you went through and how you feel, in this chapter we will help you communicate and accompany you on a relaxation and also solve a few tasks.

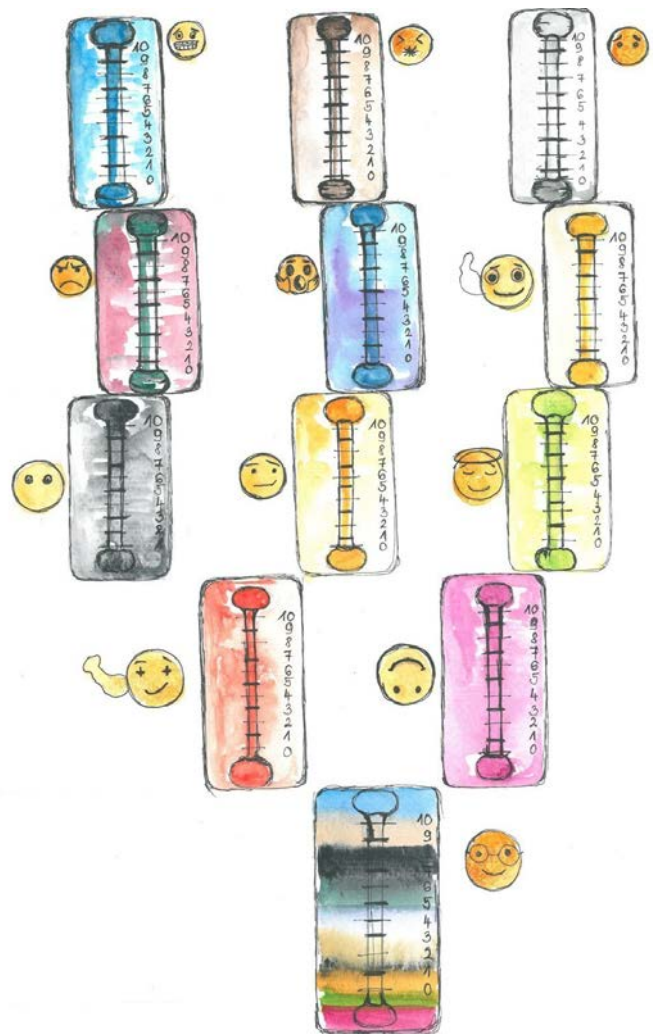


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6. *Hopelessness*
7. *Spiritless*
8. *Hopefulness, faith*
9. *Serenity*
10. *Optimism*
11. *Confidence*
12. *I needed / need help!*



### *Just a tip:*

Find out if there is a psychologist at the hospital where you are being treated.

*Dare to seek assistance!*



## *How to say it?*

I am aware that you give careful consideration to whom or how to tell,  
and whether it is even necessary to let others know that you are ill.  
What are you afraid of?

Everything terrifies you.  
Not very long ago, hearing the term "cancer" in front of you made you nervous.

What will happen now?

You don't want people to feel sorry for you,  
or give you advice on what to do, what to eat, or how to behave.

You also don't want them to stigmatise you.

We can start looking for solution as soon as you overcome these thoughts  
because, let's face it,  
fear never gets us anywhere.

Take a deep breath in, hold it for the count of  
one, two, three, and four then gently exhale.

Do it twice! Isn't it a little bit better now?

So, let's all contemplate together, shall we?



## *1. Communication with your family:*

**No one can read minds**, that much should be clear. **Everyone** around you **loves you** and **wants to help you**, this includes friends, family, coworkers, and so on. Everyone has their own way of helping, of course, and it is frequently also "their own clumsiness" because your illness created a condition that is unknown not only for you but also for those around you because they do not have the capacity to feel the same emotions that you do such as aches and pains, worries, etc. So **you can't see inside their heads**, and they can't see inside yours! You cannot read their minds, and you can't possibly read theirs (more on that later!). Of course, because you are now **the lead character**, everyone wants to do all they can to aid in your recovery.

Hence, you must first understand that you **must express everything**, and most importantly, you must understand that **asking is not a sign of weakness**.

A:

Describe what you are currently craving for in terms of food or drink, or what smells make you sick. They won't know if you don't tell them, and you'll wind up appearing like the following lady:

"Honey, I'd like to eat some fruit. Would you please fetch me some?"

"Of course darling, I'll be back in a second!" - and the husband buys everything he sees in the store, including dates, pears, plums and even a huge pineapple. His wife complains as he carefully unpacks everything at home:

"You don't even love me anymore, Eugene! After 25 years, you really should know that I prefer bananas and apples!"

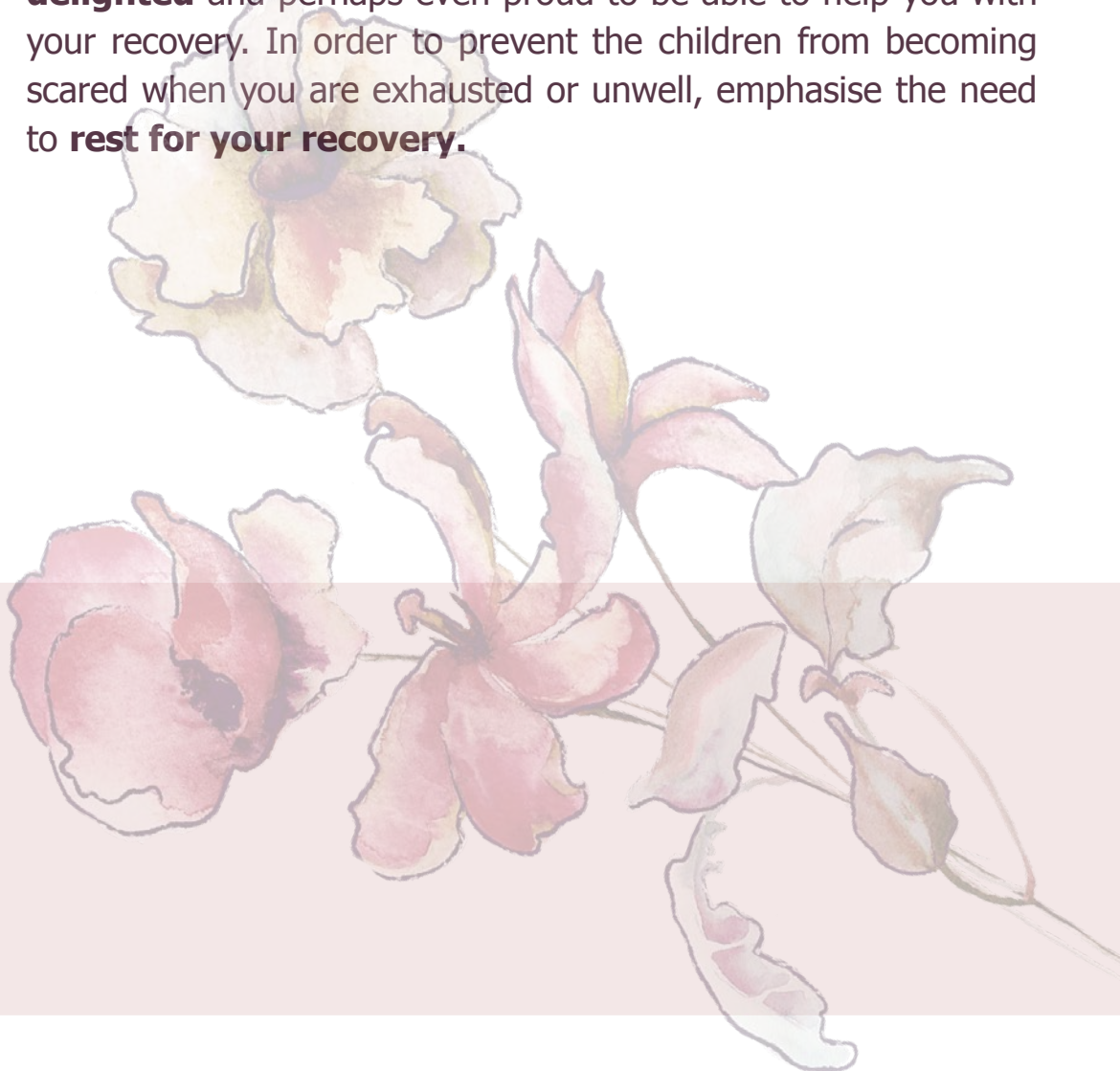
B:

Whether you are in a great or terrible mood, or are tired and simply want to relax, or you think it would be wonderful if your spouse came over and snuggle, you should say it. Convey your desires so that the other person doesn't have to guess and come up with ways to make you happy, only to end up failing like the husband in the example above.

## 2. Communication with your children

Children, depending on their age, **can sense** or know when **something is off** because the stress that surrounds them makes them feel bad. It is advised to explain the illness to children in a way that is age-appropriate, as well as to inform them that **mummy is presently sick** and that the doctors are working to find a quick solution. Mummy is also working to **recover as fast as she can**. They should be aware that this won't happen in a week or two because there will be numerous treatments and surgeries. Moreover, it may **not be possible** for them **to visit** you in the hospital daily, but everyone is working hard to bring Mum home as soon as possible.

Even if you are unable to meet in person every day, you can **always phone or text each other** via messenger. **Give the children tasks** like finding funny movies or books they are familiar with, watching or reading them together, and then engage in a conversation. This is the perfect opportunity and moment since you've got plenty of time and **they will be delighted** and perhaps even proud to be able to help you with your recovery. In order to prevent the children from becoming scared when you are exhausted or unwell, emphasise the need to **rest for your recovery**.



### *3. Communication with your friends*

We frequently hear stories of friends who search the Internet for the most unique and "coolest" **alternative treatments** as a way to express their devotion. There is always a friend who talks about a **miracle medicine** that you need to try. And if you don't, well, you've only got yourself to blame. It can be quite difficult to reject, disengage from, or object to this uninvited kindness. Sadly, they can get offended, and this is not the best time for a fight because you already have a lot on your plate. **What can you do** to stop this from happening?

First, **express your gratitude** and tell them how amazing it is that **they care so much** and ask them to search for other alternatives online. When there are plenty of options to choose from, you may then **pick** the one that appeals to you the most and offers the greatest chance of recovery. This little task will also be good for them because they are able to help you and perhaps they might realise in the meantime that you should be the one who actually needs to make this decision.

Unfortunately, there are also instances where **friends** are so terrified of the sickness that they **choose to withdraw**, cut off phone conversations, and postpone visits and meetings. Although it is a really tough situation, it might be useful to **have a conversation** about how you see your illness and the treatments needed for recovery. With this, you might also be able to help them and **alleviate their fears**.

## 4. *Communication with your workplace*

The task here is likely the easiest while yet being the most challenging because you might not want to disclose your condition to others. **Be open** and honest with **your immediate supervisor** about your illness because **they need to know** in order to approve your absence for any screening or treatment appointments. And if you've got **supporting coworkers**, you can **tell them** what kind of help you need in any given situation, including which jobs you might need to delegate or execute differently after an operation.

According to experience, **open, honest communication is by far more beneficial** than keeping secrets. Secrets typically create tension - including in you because you don't want to spill the beans - and if people start speculating, then various **rumours** start to spread quickly, which **can only add to the stress**.





*Is asking for help  
a sign of weakness?*

*No, it's not!*

Asking for help involves **determination**,  
planning, and a lot of **courage**  
as you may be rejected  
and must be able to deal with that.  
Hence, when we require assistance, we  
must **decide**:

1.

**What do I expect**  
from others?

2.

When I want to get up, I have to explain **how they can help me**, but it's difficult because I have to explain **what hurts, when it's sore**, and whether it's uncomfortable.

3.

What I'd like **to eat, drink**, and have delivered to the hospital, as well as what I don't want.

4.

Also, I must warn them that I would like them to **refrain from asking me**.

*Psychological tasks and techniques that help recovery*

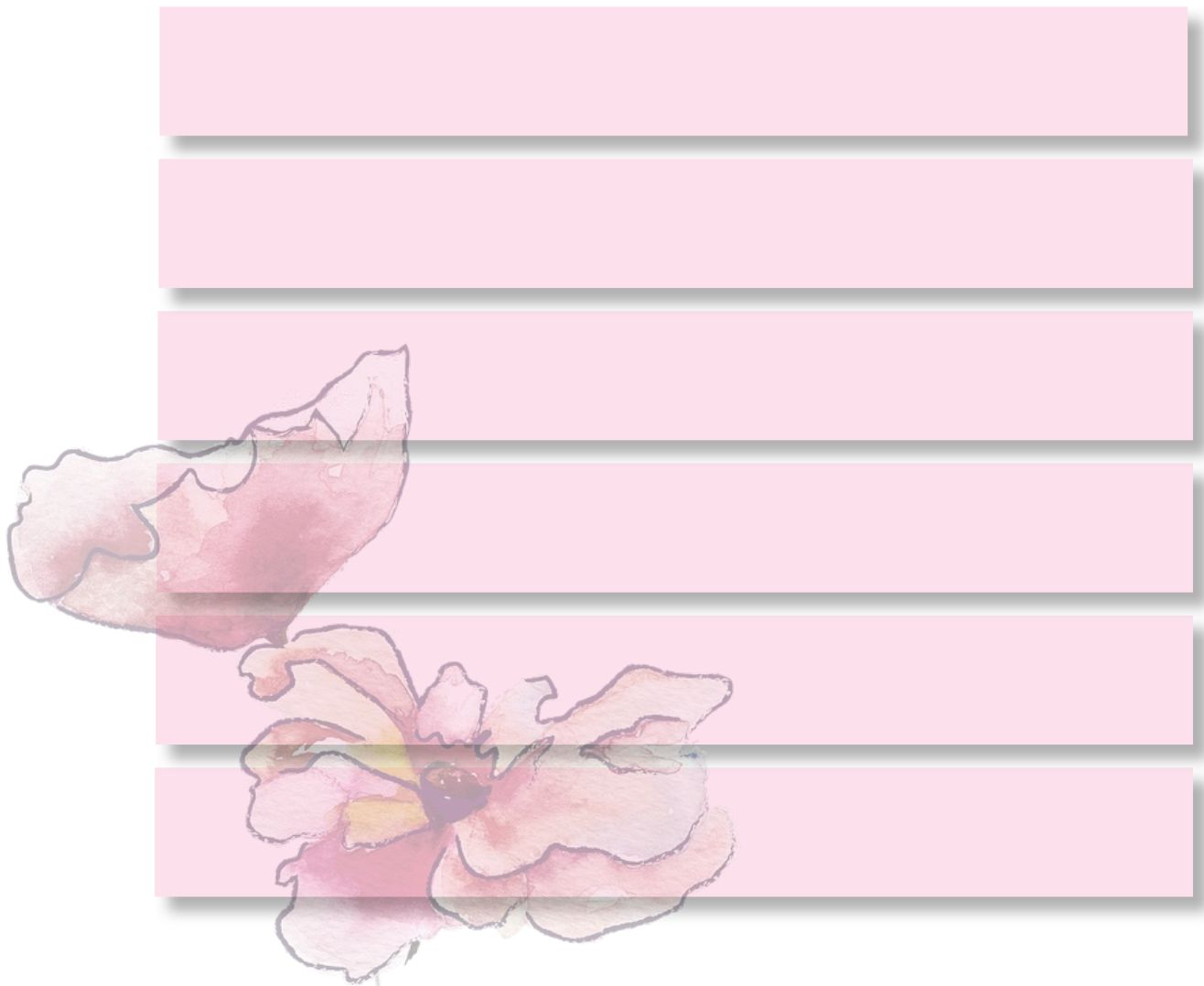
**Task 1**

How should I proceed and how do I envision my future after surgery?

Do I have any fears?

How do I picture the situation at home?

As you consider these questions, be sure to write down some of your thoughts.

The form consists of six horizontal pink bars stacked vertically, intended for writing. On the left side, there is a watercolor illustration of a pink flower with a dark center and a pink bud above it. The bars have a slight shadow effect, giving them a three-dimensional appearance.



## Task 2



What have I learned?

What did the procedure or treatment actually entail compared to my expectations?

What positive experiences occurred during my days in the hospital?

[Pink rectangular box for writing]

[Pink rectangular box for writing]

[Pink rectangular box for writing]

[Pink rectangular box for writing]

[Pink rectangular box for writing]

[Pink rectangular box for writing]



## Task 3

Most of the time, we strive to avoid jinxing things and to view significant events in a negative light so that we won't become upset if things don't go according to plan. When we look back, we can see how poorly we perceived ourselves and we were just worried. Next time, let's attempt to avoid this and not be terrified of the good!

The healing process itself can be a long, hard and occasionally stressful battle. Let's see how awesome we are and use that to our advantage!

List 10 good qualities about ourselves! It's harder than you think!


## Task 4

*Let's start living!*

Cancer drains a person physically and emotionally because of the numerous appointments, long waits, uncomfortable or painful examinations, and potentially exhausting treatments. Even though you would rather be doing something else right now, if you give it some careful thought, all of this needs to be done for the sake of healing. I have a "something else" for what you can "rather be doing" - **start living!**

Profit from the brief moments that suddenly become yours - and yours alone - whether they are between visits, while you are waiting, or simply when nothing is happening. The point is:

*Search, investigate and discover!*

1.

Find at least three things each day that really lift your spirits! For example, spotting an interesting cloud, listening to a beautiful song, smell something nice, etc.

2.

Write it down here in the booklet, along with the exact date.

3.

Do this every day of the week, but increase the number of things every other day. (3-4-5)

4.

Each evening, assess the written information on a scale of 1 to 5, where 5 is the most pleasant emotion, and sum up the points you collected. So on the best day, if you had 3 exceptionally happy experiences, your day would have 15 points. (and it has the potential to increase).

*Lesson:*

You wouldn't have realised what a great day today was if you hadn't been aware of these situations.

*Day 1*

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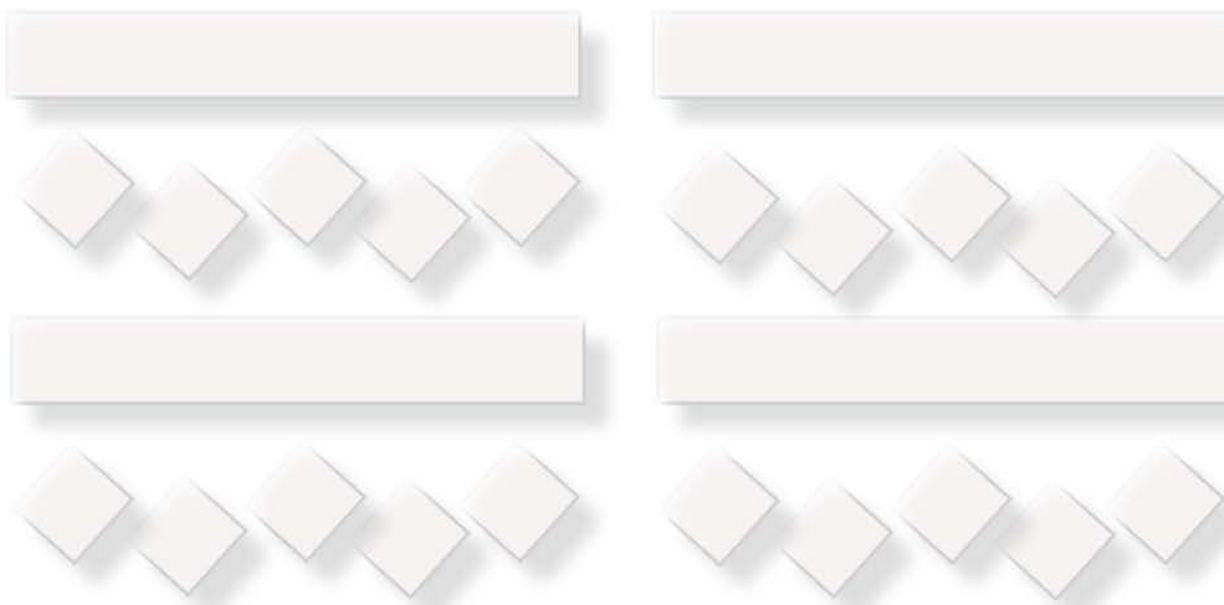
*Day 2*

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*Day 3*

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Day 4

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Blank rectangular box

Five diamond-shaped boxes in a row

Blank rectangular box

Five diamond-shaped boxes in a row

Blank rectangular box

Five diamond-shaped boxes in a row

Blank rectangular box

Five diamond-shaped boxes in a row

Day 5

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Blank rectangular box

Five diamond-shaped boxes in a row

Blank rectangular box

Five diamond-shaped boxes in a row

Blank rectangular box

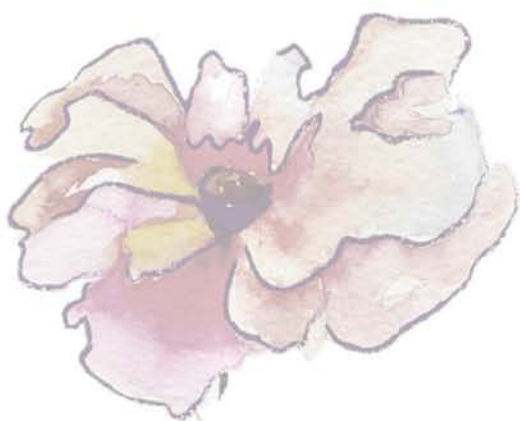
Five diamond-shaped boxes in a row

Blank rectangular box

Five diamond-shaped boxes in a row

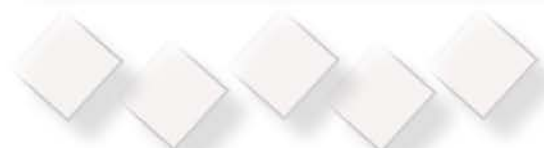
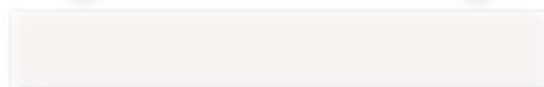
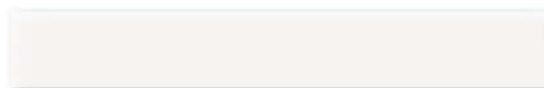
Blank rectangular box

Five diamond-shaped boxes in a row



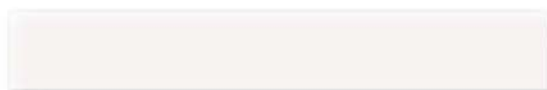
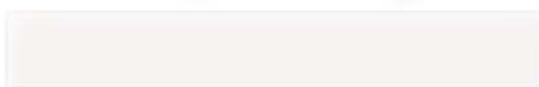
*Day 6*

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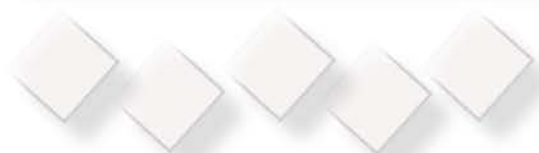
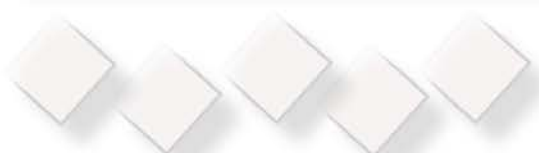
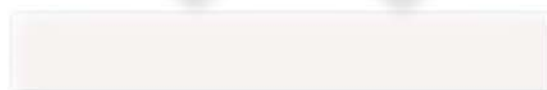
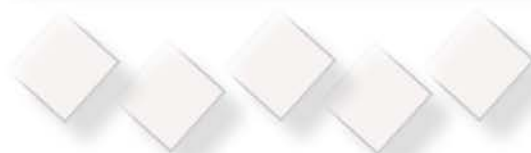
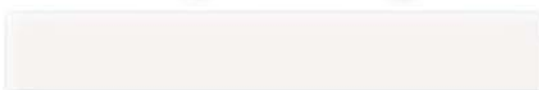
## Day 7

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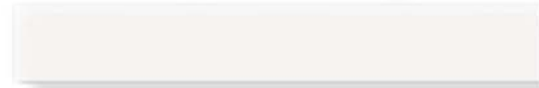
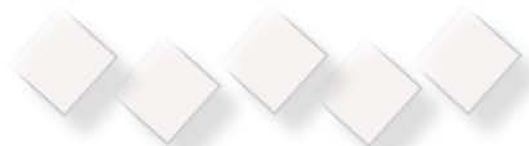
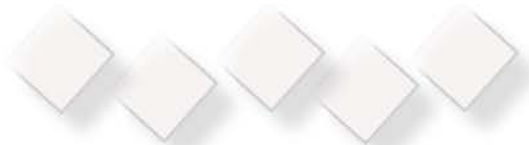
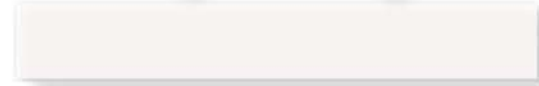
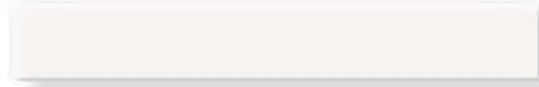
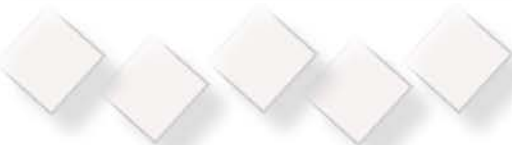
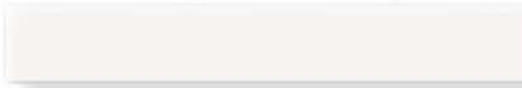
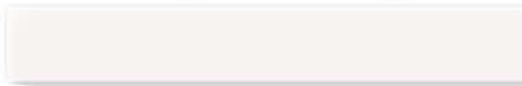
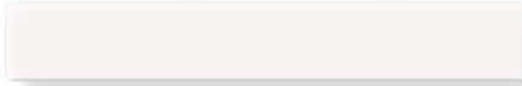
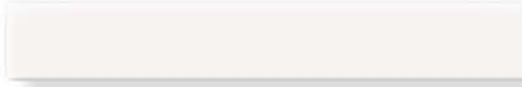
## Day 8

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Day 9

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*Day 10*

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Five diamond-shaped boxes for writing.

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Five diamond-shaped boxes for writing.

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Five diamond-shaped boxes for writing.

Blank rectangular box for writing.

Five diamond-shaped boxes for writing.

## **Task 5**

Continuing the previous task:

What are the things that make you feel good?  
In psychologically stressful situations, it's easy  
to ignore the things that really make our lives  
interesting and colourful.

*Know what makes  
you happy!*

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## Task 6

*Let's make an agenda!*

Examinations, treatments, controls. These tasks occupy the majority of our days and weeks. We mostly manage our affairs from home during sick leave. The routine that existed up until now no longer exists.

But without a schedule, the days blur together and lose their purpose. Describe a typical day in your life. Be honest! Then, decide what you want to add or change. Take inspiration from the previous task.

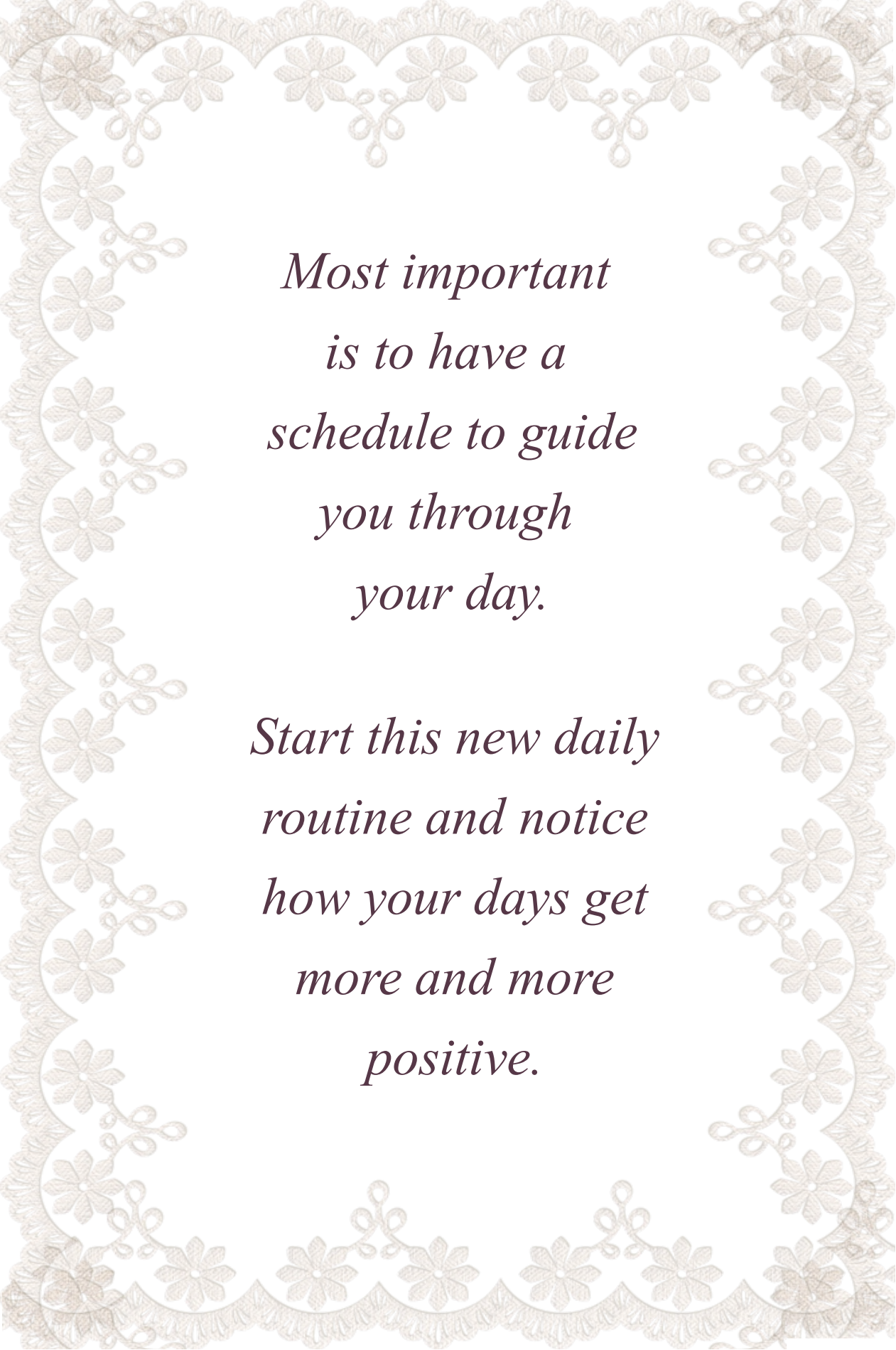
You don't need to be constantly active; instead, you should take some rest to recover and build strength.

### *Current agenda*

AGENDA			
START	END	NAME	TASK
7:00	9:00		
9:00	10:00		
10:00	12:00		
12:00	12:30		
12:30	13:00		
13:00	14:00		
14:00	16:00		
16:00	17:00		
17:00	18:00		
18:00	20:00		
20:00	21:00		
22:00	23:00		

# New agenda

START	END 🕒	NAME	TASK
7:00	9:00		
9:00	10:00		
10:00	12:00		
12:00	12:30		
12:30	13:00		
13:00	14:00		
14:00	16:00		
16:00	17:00		
17:00	18:00		
18:00	20:00		
20:00	21:00		
22:00	23:00		



*Most important  
is to have a  
schedule to guide  
you through  
your day.*

*Start this new daily  
routine and notice  
how your days get  
more and more  
positive.*

## *I want to change things.*

## **Task 1**

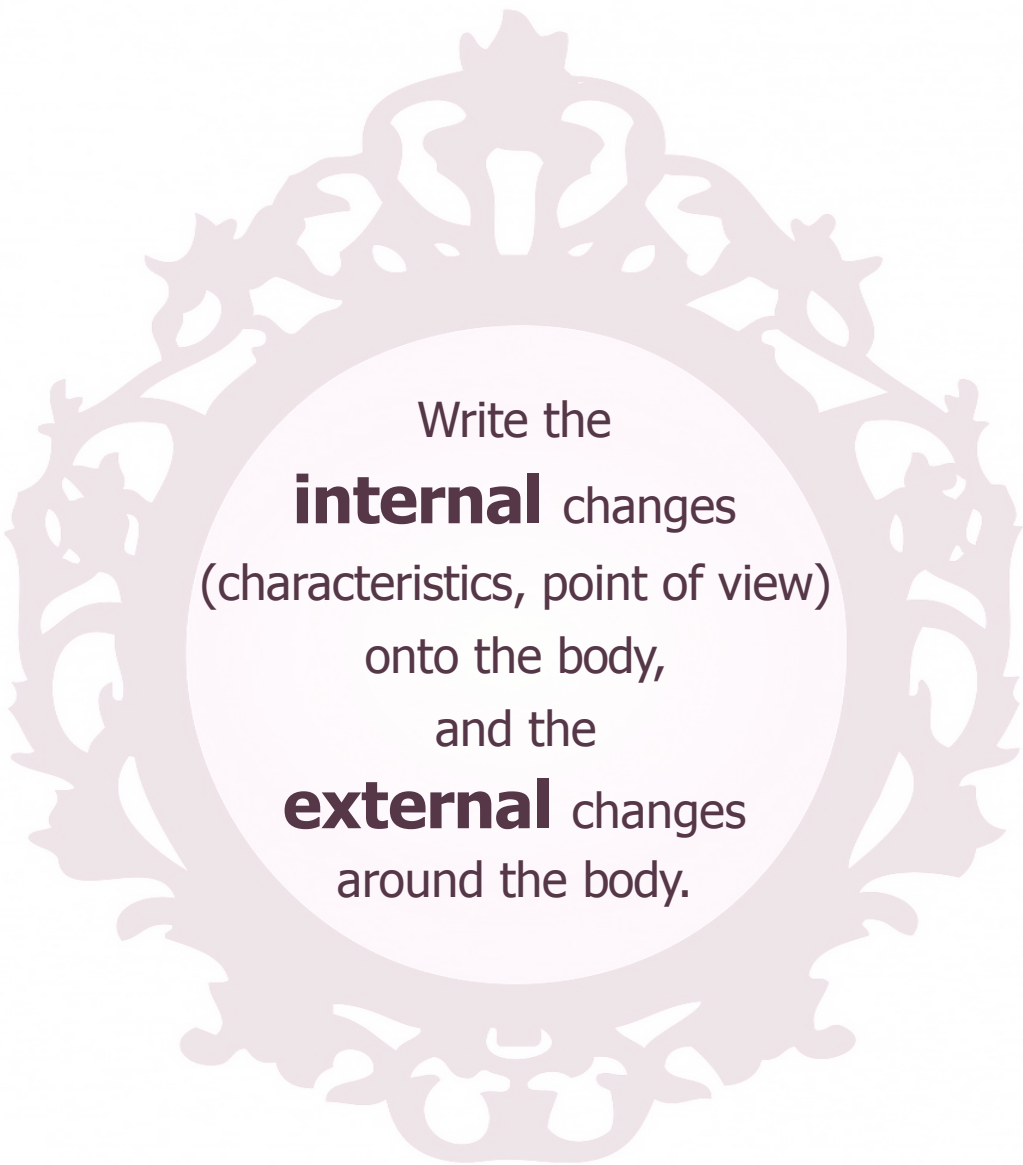
Everything that happens has an effect on our life.

We can't pretend as if nothing happened.

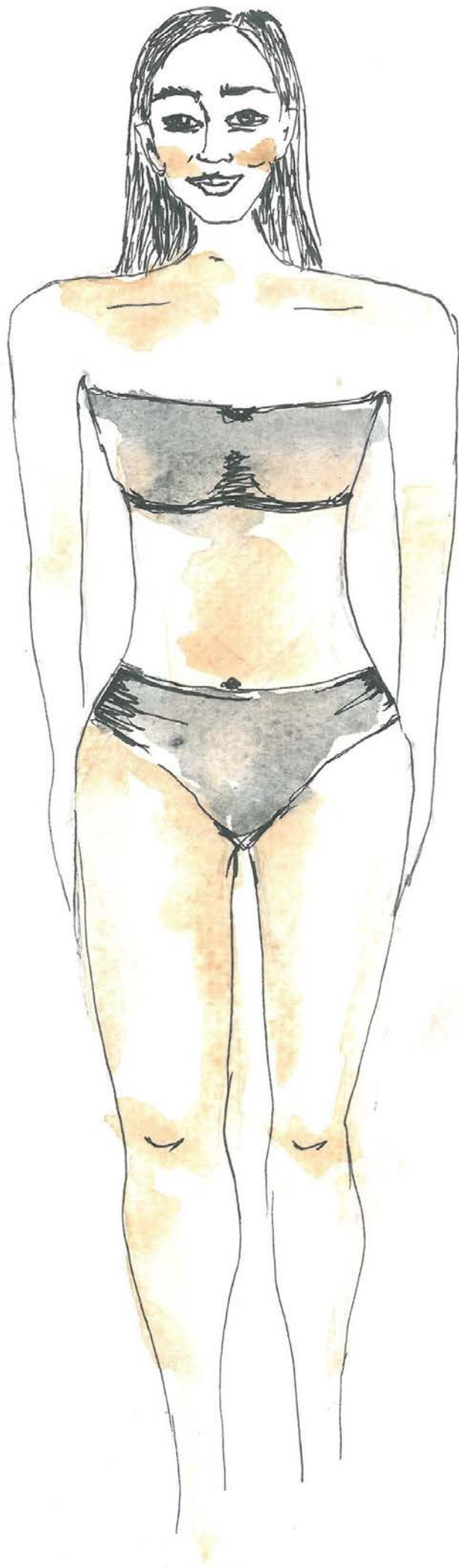
The diagnosis and surgery have an impact on us.

As we are affected,  
we change and adapt to a new situation.

Write down how you and your surroundings have  
changed recently, both internally and externally.



Write the  
**internal** changes  
(characteristics, point of view)  
onto the body,  
and the  
**external** changes  
around the body.



# Task 2

As we change,  
we build a new " **Me** ".  
Describe your new self.

*Tell us about the new*

name

A writing area consisting of ten horizontal pink lines. The lines are decorated with various colorful floral illustrations, including a large yellow and green rose, a pink rose, a purple daisy, a blue and purple daisy, and a yellow and purple daisy. The flowers are scattered across the lines, with some overlapping them.



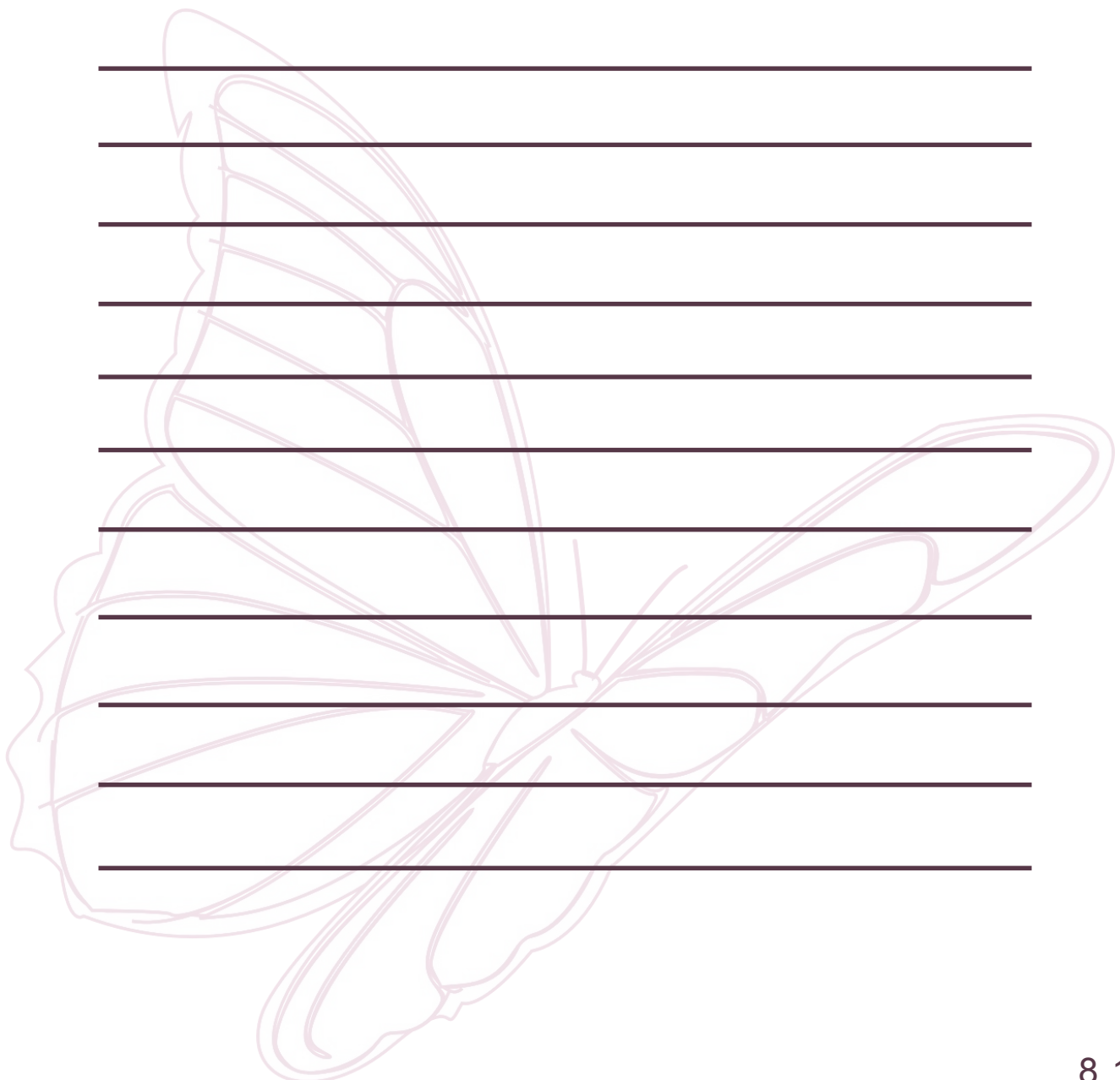
## Task 3

*What shall I preserve from my old self?*

The old self is a foundation for the new.

Be aware of it,  
there is no need to abandon it altogether.

As the butterfly emerges from its cocoon,  
so too can we change while preserving  
what we love about ourselves.



## Task 4

Every event or illness that requires us to change, means that certain things will no longer be the same way they were in the past. These losses must be mourned.

*Write down what you think you  
have lost!*



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## Task 5

Nothing is black or white only,  
neither is loss.

*Write down what the illness gave you!*

A vertical stack of ten light pink rectangular boxes, intended for writing the user's response to the task. The boxes are arranged in a single column and are separated by thin white lines.

Making a balance sheet is impossible, as there's no such thing as whether getting sick is good or bad. The most crucial part of dealing with the illness is post-traumatic growth, the ability to see how a challenge has enhanced our lives.

## Task 6

The topic of femininity always has a special focus in gynaecological oncology.

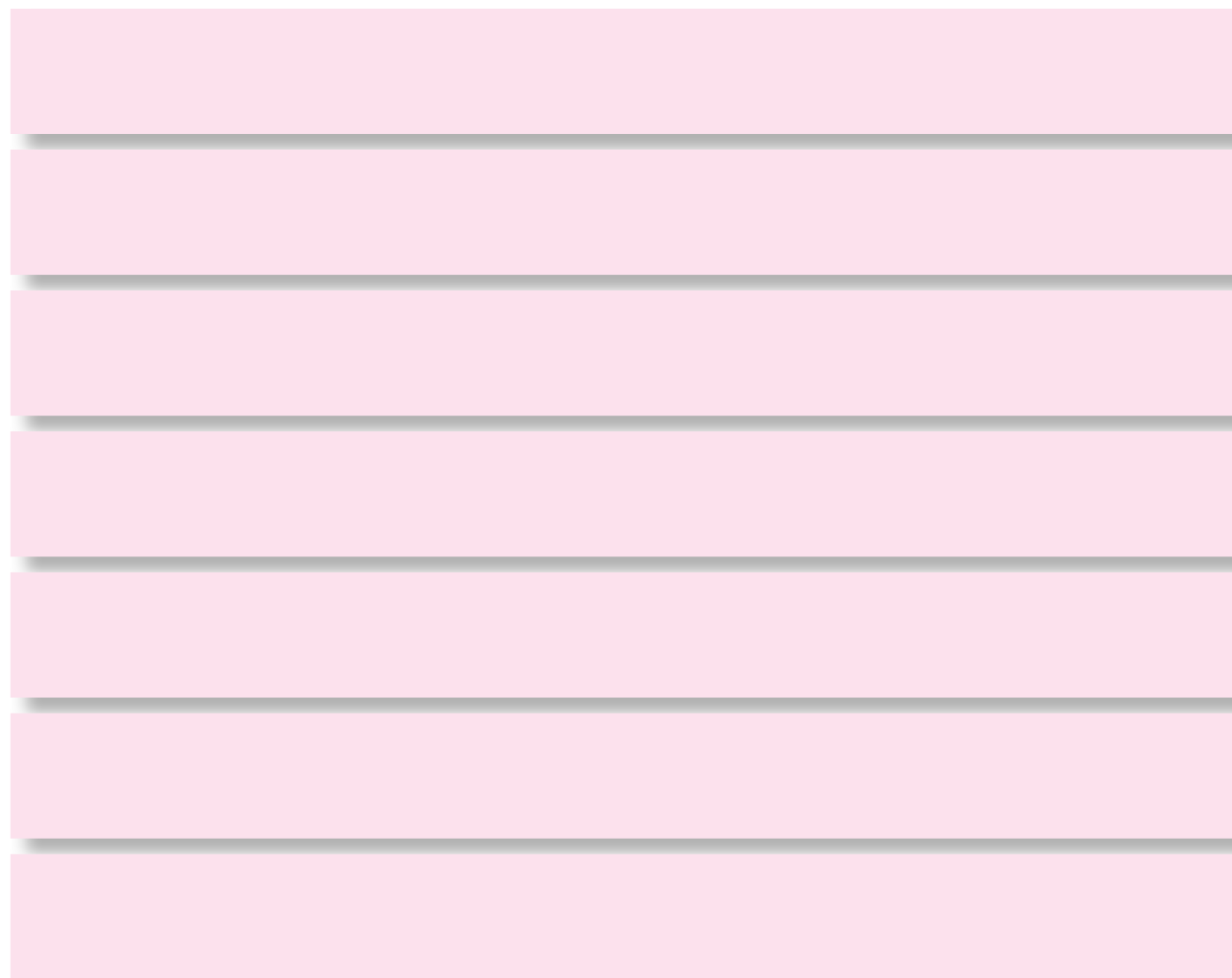
We can discuss visible signs such as a surgical scar, or invisible ones like spiritual wounds.

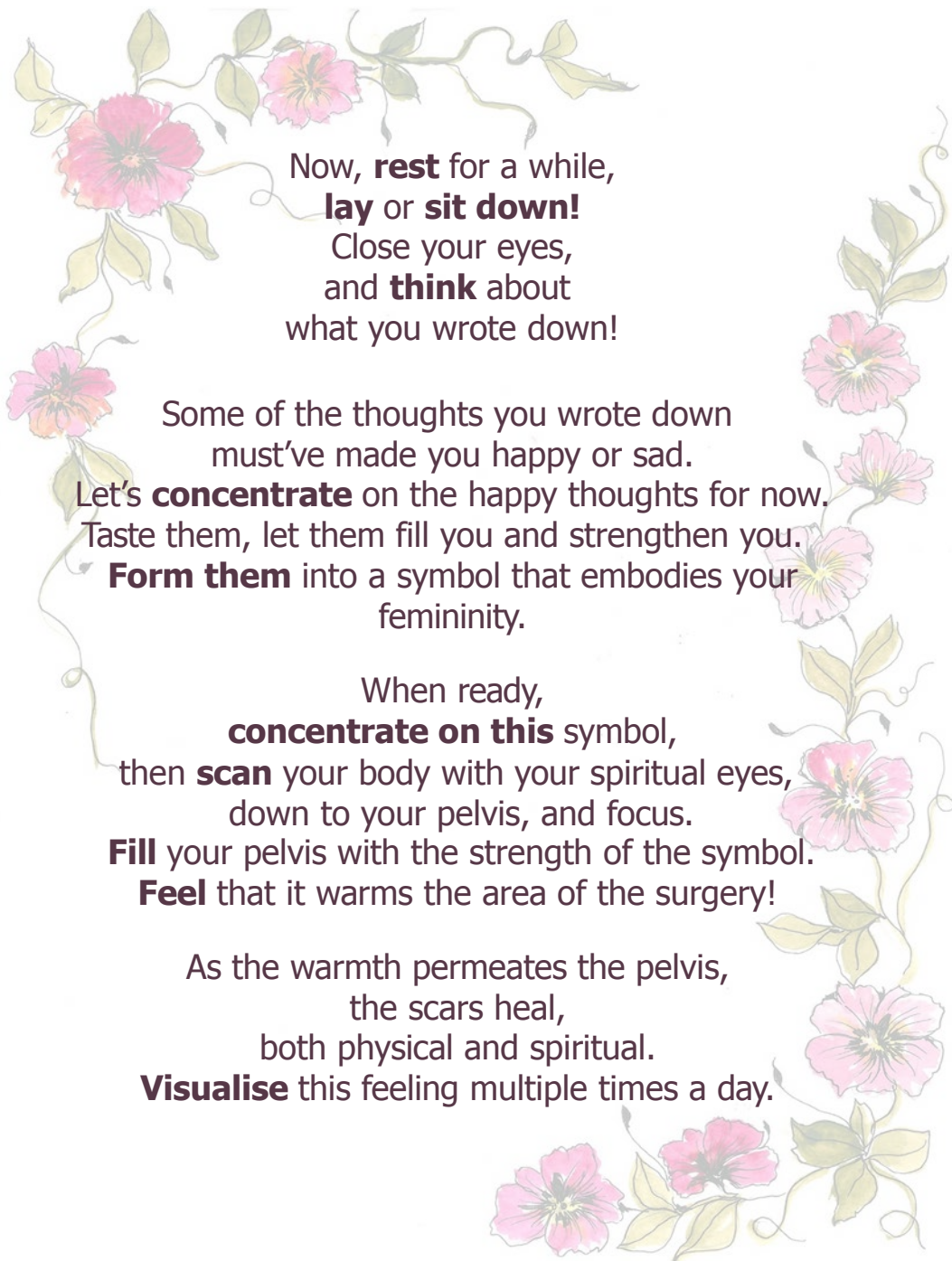
*Think it through, how are we women?*

*How do I feel as a woman in my body?*

*What is my femininity like?*

*What makes me a woman?*





Now, **rest** for a while,  
**lay** or **sit down!**  
Close your eyes,  
and **think** about  
what you wrote down!

Some of the thoughts you wrote down  
must've made you happy or sad.  
Let's **concentrate** on the happy thoughts for now.  
Taste them, let them fill you and strengthen you.  
**Form them** into a symbol that embodies your  
femininity.

When ready,  
**concentrate on this** symbol,  
then **scan** your body with your spiritual eyes,  
down to your pelvis, and focus.  
**Fill** your pelvis with the strength of the symbol.  
**Feel** that it warms the area of the surgery!

As the warmth permeates the pelvis,  
the scars heal,  
both physical and spiritual.  
**Visualise** this feeling multiple times a day.

If you wish, draw the symbol here.

## Task 7

You endured difficult ordeals lately.

Every event of our life changes us, as we discussed it.

What have you **improved** in,  
what made you **more** during this period?

**Harder? Stronger?**

*Write them down.*

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*Creative workshop*

*“ Do what  
you believe  
in and  
believe in  
what you  
do. All else  
is a waste of  
energy and  
time. ”*

Nisargadatta



Beyond my strength -  
messages from  
fellow companions

“ Don't let the thought  
of the journey  
make you feel hopeless.

The path  
you must take may be  
in front of you,  
but you may not yet  
be able to perceive it. ”

Lilla



# *“ It’s never too late ”*

“ The years flew by, you run after them in vain,

If you stand still, I know you will remain.

We must move forward because at least it goes ahead,

If you have faith, someone is going to lend a hand.

There is no infinite tomorrow; you must begin today...

We must colour within ourselves the grey.

You are precious, so don’t get lost in the mist,

You feel small, yet you can still be big.

Consider who you can be rather than who you might have been,

If you live and laugh from the heart, you will succeed.

Not impossible, you have to make an effort, but if you believe,

You will be able to say: I am who I wanted to be! ”

*Mr. Sándor Drótos - M. T*

# IV.

## *Rest!*

In this chapter you can find exercises that will help you relax, focus on yourself, heal and get stronger.



*Fluke.*



## Task 1

### *Building a social support network map*

Draw your social support network map on the opposite page. All you need is this booklet and a pen or pencil. You can consult this map whenever you need to.

Start by drawing a dot in the middle, this symbolises you, and the other dots will be members of your social network.

Question is, who are they? Place a dot for each person that is important to you, and connect them to your dot with a line. Make sure you know who's who by writing their name next to their dots, or using different colours.

When you are ready,  
answer these questions:

How do you feel seeing your social network

What's your primary emotion?

Are there many or just a few people around you?

Who are the five persons closest to you?

How many of them would help you at a moment's notice, when asked?

Who can you rely on in your current challenging situation?

What can they help you with?

Emotional support, practical support, giving information...

Did you leave someone out?

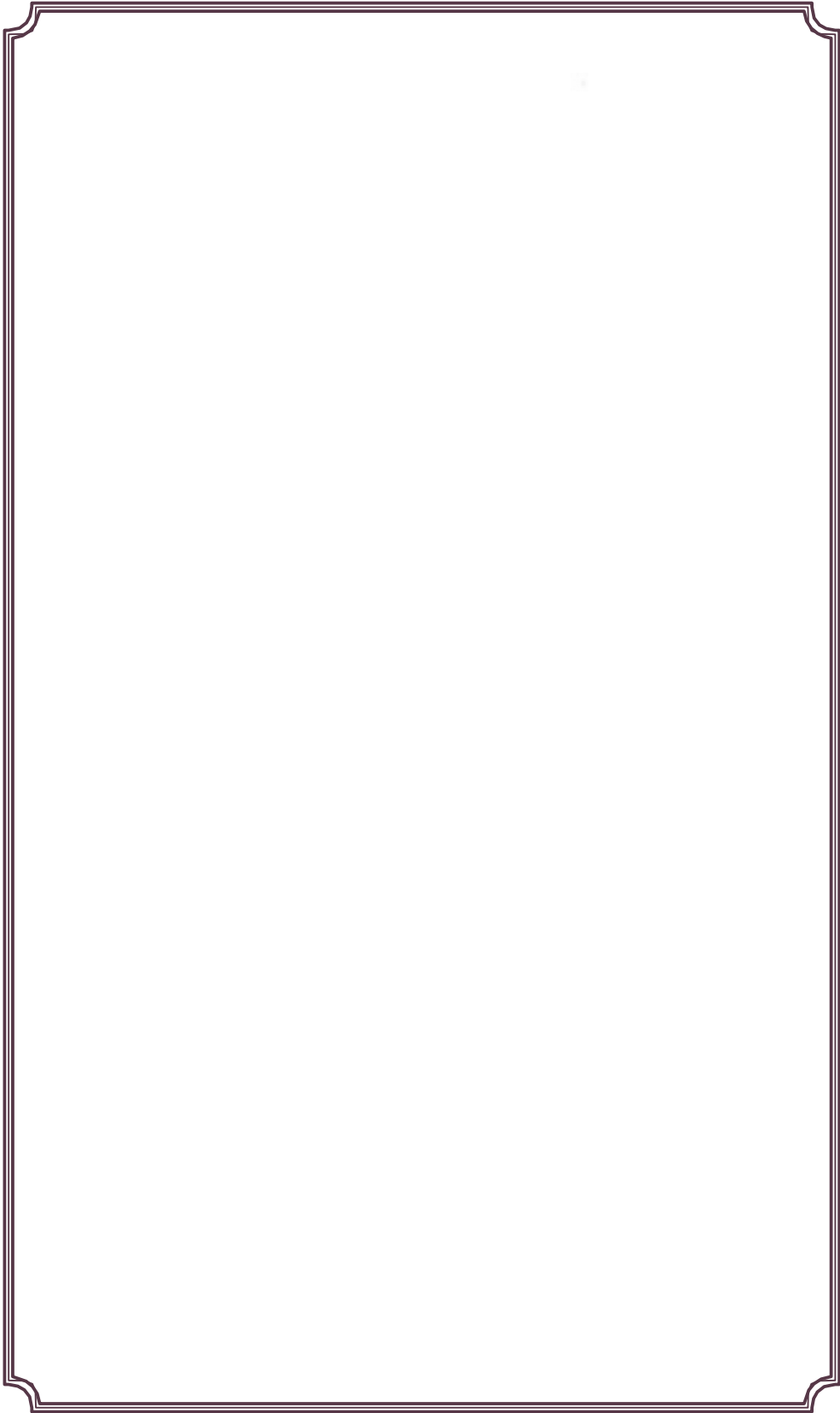
Think through the following categories:

Family, friends, important people in your life, like neighbours, people you went to school with, co-workers, fellow companions?

When finished, try to memorise the map.

Recall it, or take a look at it whenever you feel lonely, and you will see how many people are there for you.





## Task 2

### *Assertive rights*

It's not always simple to interact with others, convey our own thoughts and feelings, and stand up for our interests. It can be tricky to state our needs and establish ourselves, especially in such a challenging situation.

As a communication strategy, assertiveness refers to the fair assertion of interests, respect for the other party and for oneself, as well as taking into account the needs and interests of all parties involved in the conversation.

Everyone has their own fundamental rights, according to the assertiveness theory. You might be surprised by some of these privileges that appear self-evident, but it is still important to read them carefully and try to understand their message.



Read the list and take notes of how each sentence makes you feel. Which one do you spend more time with?

Which one surprises you a little? Which makes you think and why?

Which one do you think you should focus on more in the future, in your opinion?

Which one will make it easier for you to communicate with your loved ones, friends, or the hospital right now?

## *Here is a list of assertive rights:*

You have the right to choose what is and what is not important to you.

You have the right to be treated with respect.

You have a right to say no without feeling guilty.

You have the right to make mistakes and be responsible for them.

You have the right to be listened to and treated with respect.

You have the right to a change of heart.

You have the right to say "I don't know".

You have the right to get what you pay for.

You have the right to represent your interests.

You have the right to become ill.

You have the right to ask for what you want.

You have the right to ask professionals, including doctors, for information.

You have the right to express your feelings and opinions!

**From now on, remember your rights  
whenever you speak with others.**

**This will make you feel more confident.**

**Yet, it's crucial to remember that  
the other party also has these rights,  
thus in addition to having privileges,  
we also have obligations!**

## Task 3

### *Quick and easy ways to reduce anxiety*

The vegetative neurological system is mostly regulated by breathing, and when we are under stress, our breathing becomes more rapid.

Breathing is the sole bodily process that is essentially independent of our will and that we can actively control and regulate, its role is extraordinarily unique.

Inhaling increases the activity of the sympathetic (fight or flight) and exhaling the parasympathetic (feed and breed) nervous system.

Deep, controlled breathing with extended exhalation reduces anxiety.



## Task 4

### *Breath(e)*

This breathing practice is quite easy.

It is recommended to practise it first in quiet surroundings so that you can later use it effortlessly anywhere.

The exercise consists of the following steps:

1. Take a deep breath and count to 4.
2. Hold your breath as you count to 4.
3. Exhale, also counting to 4 while doing so.
4. Hold your breath as you count to 4.
5. Start the exercise again. Repeat a few times.

You can even visualise yourself going around the perimeter of a square while doing the exercise.

It always takes as long to get from one corner to the next as it does to count up to four.

The key to breath counting is that the individual begins counting exhalations while still breathing normally.

Usually, they count from 1 to 10 or 10 to 1, but if you want to go on, feel free to do so.

See how your breathing naturally slows down, your body relaxes, and the tension disappears!

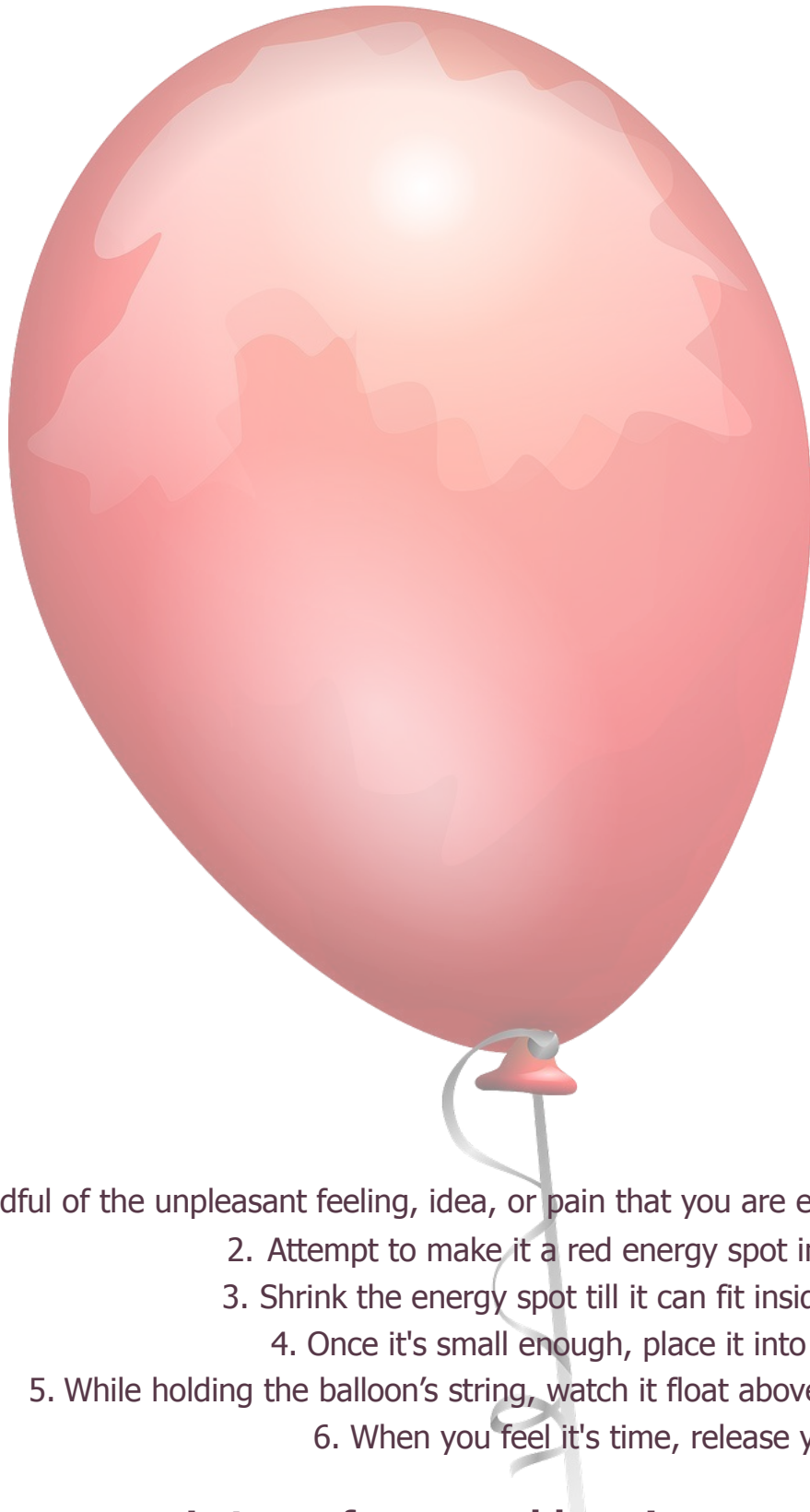
**You can extend this exercise.**

**Count with each inhalation to 1-2-3-4, and with each exhalation up to 5-6-7-8-9-10!**

**We can successfully let go of our worries and anxiety-inducing ideas by utilising the next two techniques.**

## Task 5

### *Red balloon*



1. Be mindful of the unpleasant feeling, idea, or pain that you are experiencing!
2. Attempt to make it a red energy spot in your head!
3. Shrink the energy spot till it can fit inside a balloon!
4. Once it's small enough, place it into the balloon!
5. While holding the balloon's string, watch it float above your head!
6. When you feel it's time, release your balloon!

**Let go of your problems!**

## Task 6

### *Put it on the shelf!*

We often have many unsettling thoughts running through our head at once.

Yet, it can be useful to organise them and pick out the ones that, while they "annoy" us, we are unable to change right now.

Imagine capturing these unsettling ideas in a box and putting them on a shelf.

Keep the box there until the issue becomes relevant and solvable.

## Task 7

### *Safe space*

Imagine your favourite place during a stressful situation, such as while waiting for a medical consultation or treatment.

It doesn't matter if it's genuine or made-up, the important thing is that you feel entirely safe there.

Pay close attention to where you are!

What's it like there?

What kind of furniture is around you?

What colours do you see?

What's the temperature like?

What smells can you sense?

Can you hear voices?

How do you feel when you think of this beautiful place?

## Task 8

### *Thought - STOP*

Do you feel trapped in a cycle  
of repeatedly negative thoughts  
and fears, unable to break free?  
Take a deep breath and say out loud:

**"ENOUGH"**

Or

**"STOP"**

But you can use  
even stronger expressions.

# Creative workshop

I LOVE  
AND  
ACCEPT  
MYSELF

**I LOVE  
AND  
ACCEPT  
MYSELF**

I LOVE  
AND  
ACCEPT  
MYSELF

*I LOVE  
AND  
ACCEPT  
MYSELF*

*I LOVE  
AND  
ACCEPT  
MYSELF*

I LOVE  
AND  
ACCEPT  
MYSELF

*I LOVE  
AND  
ACCEPT  
MYSELF*

**I LOVE  
AND  
ACCEPT  
MYSELF**

I LOVE  
AND  
ACCEPT  
MYSELF

*I LOVE  
AND  
ACCEPT  
MYSELF*

*I LOVE  
AND  
ACCEPT  
MYSELF*

I LOVE  
AND  
ACCEPT  
MYSELF



*“ Not Yet Enough ”*

“ To desire good is not enough:  
to want what’s good’s needed!

And to want it isn’t enough,  
actions, deeds are needed!

Meaning well alone won’t do!

More is needed: - common sense!

What’s the use of cold reason?!

More’s needed: - sentiments!

Not just any sort of feeling,  
but some wounds and passion  
in the quest for why to live  
and love and suffer and hope! ”

*Mihály Váci - N. U. K*  
*(excerpt)*

V.  
*Relax!*





## Task 1

### *Paint your serenity!*

Take out two sheets of white paper, watercolours, brushes, and a glass of water. Put on some music that makes you feel calm and relaxed. Make yourself as comfortable as possible in a quiet place.

Relax your body and close your eyes. Picture yourself.

If you could express your feelings with colours, what shade and shape would they be? Do you have a playful personality with yellow polka dots? Blotchy, blood-red anger? Or something else?

Don't read any further until you paint yourself on the first page!



Are you done with the first painting?

Take a look at it; what do you see? What was it like to paint it? How does it make you feel?

Now close your eyes again.

Think about the picture you've already created and visualise it. Consider how each stain and shape would gradually wash off the surface.

Once again, you are an empty canvas.

Open your eyes and put the second white paper in front of you.

What is missing from the previous painting?

What did it have that you regret losing?

Do you miss your cheerful personality?

Paint it again!

And repaint everything you would like to keep and carry from yourself.

Is there anything you wouldn't want to take with you? Grey anxiety?

Leave it out of the second picture now, leave it behind.

Is there a shade or shape that you didn't convey in the previous picture?

Ethereal, light blue liberty?

If so, paint it on the second sheet!

You now have a vision in mind and are making progress toward it.

How can you accomplish this?

What can you change to get closer to the state in the second picture?

## Task 2

### *How to gather strength for your vision?*

Consider the traits you believe to be your strengths, and write them down.

Find out what your family, coworkers, and friends consider your areas of strength.

Ask everyone to list at least five of these attributes.

Choose ten of them that are required to accomplish the vision you painted earlier!

Gather small objects that display these qualities as you walk around.

Are you persevering like a cork in a bottle of old wine?

Then let the piece of cork symbolise your endurance.

Are you as imaginative as an irregularly shaped pebble you found on the sidewalk?

Pick it up and take it home!

These small items can be enhanced by painting, drilling, or other ways.

Consider the masterpieces you could make using these strength-trinkets.

Would you glue them to a mirror's frame?

Would you drill a hole in them and use them as decoration?

How does it feel to look at them once they are finished?

Do they make you feel proud?

In any case, keeping the item you created close to you serves as a reminder of the immense power you possess and can employ to achieve your vision.

# Codeword Puzzle

11	10	2	22	21	20		14	21	5	19	21	10
10		16		25				4		18		21
21	10	16	21	14	6		20	21	12	2	20	13
23		14		8		14		10		13		8
8			19	13	14	9	20	21	22			21
12	20	8	13	17		20		6	24	2	20	13
10			3		12	19	4		8			9
21	1	25	8	10		13		25	14	8	16	21
			18	21	25	9	2	9	15			
26		14		17		24		9		8		22
21	7	25	16	21	16		1	19	21	14	10	8
6		17		13				14		10		10
14	22	2	20	16	14		16	21	18	21	13	16

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
			Y								B	
14	15	16	17	18	19	20	21	22	23	24	25	26
					U							

Each square has a code number in its top-left corner. You have to work out which code number means which letter of the alphabet.

Like a crossword, each horizontal and vertical block of squares forms a word.

We've given you some clue squares to get you started.

(TIP - begin by filling in the other squares - if any - with the same code numbers as the clue squares)

Decode the following message after solving the puzzle:

	12	21	8	13	17							
18	25	6	8	21	13	6						
		8	14									
9	20	19	9	8	25	10						
	6	2		6	24	21						
20	21	9	2	7	21	20	4					
18	20	2	9	21	14	14						

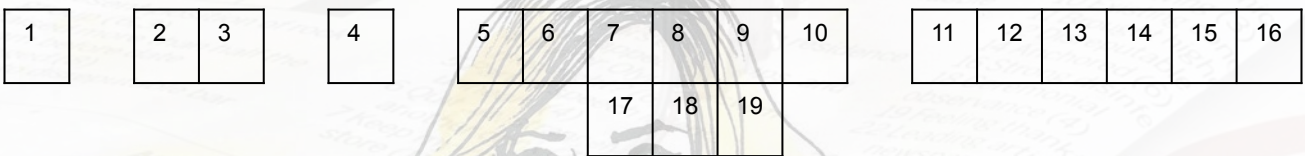
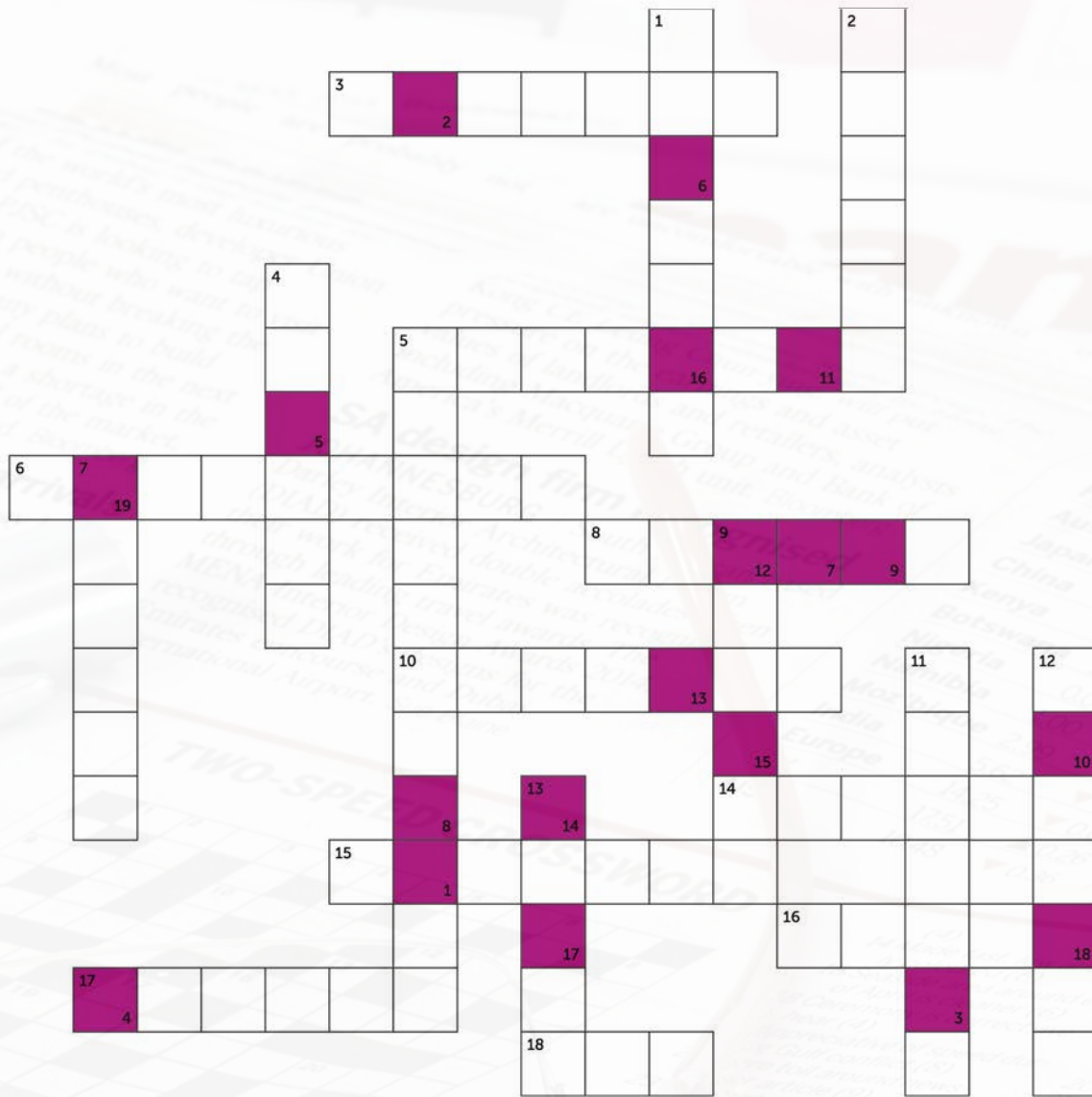
## An important message to Hamlet: To Be

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

G N M M M M M V F Y T I L I U Q N A R T  
 O O D S L L J L X Q C H S I R E H C V A  
 E I V V U N O I T A C I N U M M O C L X  
 Q T D S U W O Q N Y O N B N K Q G E C Z  
 U A J H E V H E Q S T X D H E C L N Y I  
 I X H R G V N V V Y P I B R A V E I Y S  
 L A A M N O C K B E G I N N V Z R N R H  
 I L P Z I J F M A R I Q R E N P M I L G  
 B E P B Z N A M O W R L C I R S U M I H  
 R R I D A S P O R D R A E T T E F E F B  
 I U N W M K H I T P D C L B A B S F E A  
 U X E I A X E P R Y O U C O Y I E Y M R  
 M M S G E W A P T Z O H T G N E R T S E  
 W I S X C A L E E X H Q W L P R O T G T  
 L U F E P O H Z S Q R R K L R E S R X H  
 Y R E G N A T W N D E L M A W V C E P G  
 U U H F Y A B E B Q H U B O I O P G C I  
 G Z I U I Q V J S W T X Z Z R C I V D F  
 J L Z W E Y J V V I O X N M N E F K V B  
 Q L Z W I N N E R J M V S I G R V T B C

### Word bank:

- 1. fighter
- 2. anger
- 3. winner
- 4. heal
- 5. recover
- 6. feminine
- 7. motherhood
- 8. strength
- 9. equilibrium
- 10. teardrops
- 11. flower
- 12. woman
- 13. communication
- 14. amazing
- 15. tranquility
- 16. life
- 17. hopeful
- 18. relaxation
- 19. cherish
- 20. serenity
- 21. happiness
- 22. believe
- 23. spirit
- 24. brave



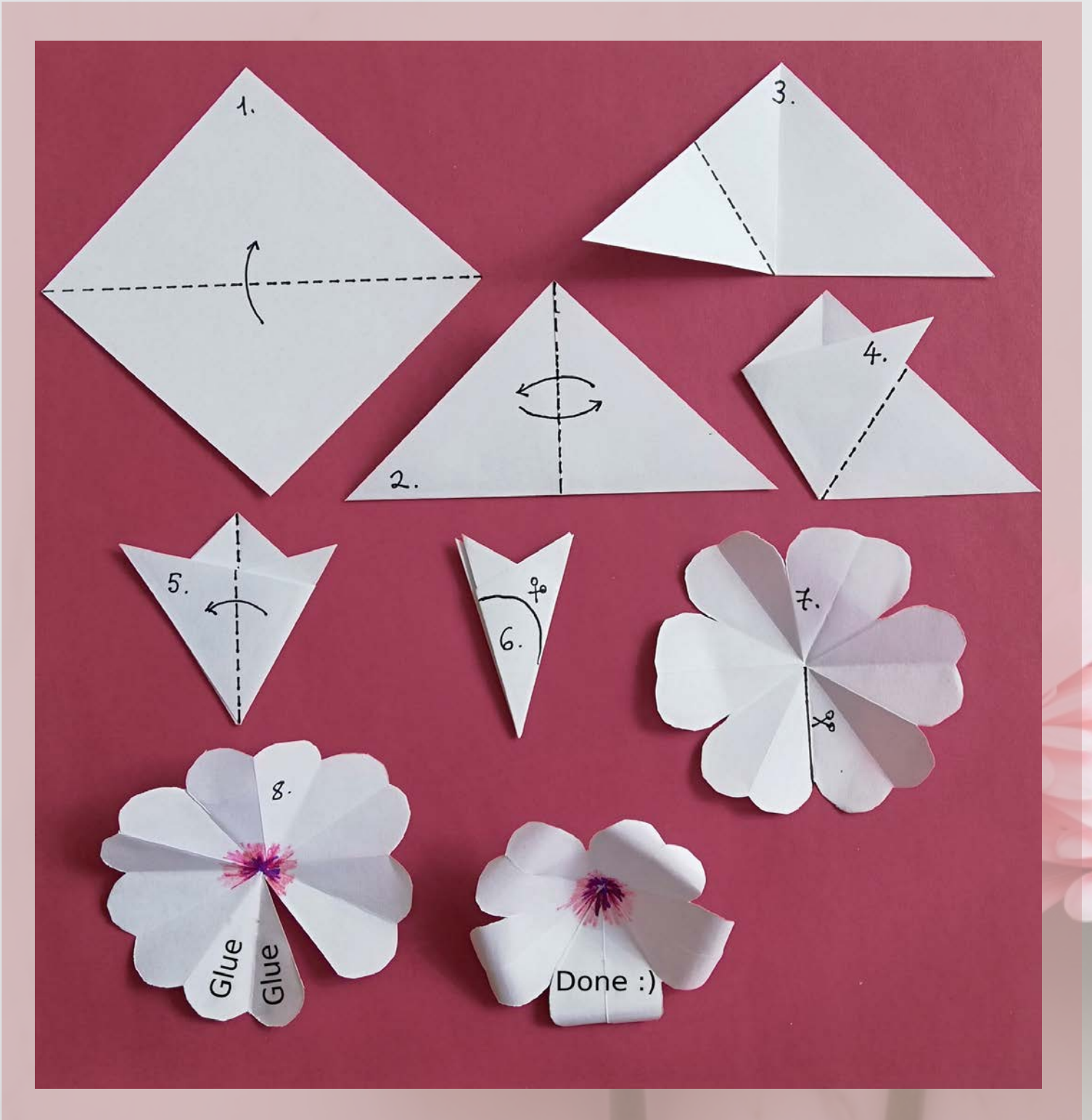
**Across**

- 3 A type of punch
- 5 One of the Canary islands
- 6 20th century horror writer (H.P.)
- 8 Running rapidly
- 10 Legendary creature
- 14 River in Europe
- 15 The father of cubism
- 16 Keyboard instrument
- 17 Collection of beehives
- 18 Can liberate an island if mixed with Coke!

**Down**

- 1 ... Falls, popular tourist attraction
- 2 Unlike anything else
- 4 Popular Korean side dish
- 5 Calmness
- 7 It's the new black
- 9 Coastal Spanish town in the Bay of Biscay
- 11 Destructive wave
- 12 Extremely impressive
- 13 One of the four classical elements

# My flower - Origami





# Are you in the mood for a little brain exercise?

We put together a quiz for you.

1. What character have Robert Downey Jr. and Benedict Cumberbatch played?

- A. The Doctor
- B. Sherlock Holmes
- C. Iron Man
- D. Doctor Dolittle



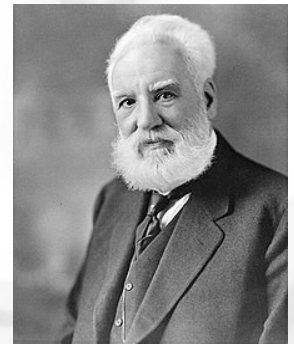
2. Which of the following is not a bird?

- A. Tree pipit
- B. Stellate sturgeon
- C. White-eyed slaty flycatcher
- D. Short-toed treecreeper



3. Which important invention is associated with the name of Graham Bell?

- A. Helicopter
- B. Dynamo
- C. Telephone
- D. Typewriter



4. What ingredient is needed for an l'Orly-style batter?

- A. Beer
- B. Cider
- C. Champagne
- D. Cognac



5. How long does a 100m long train take to travel through a 100m long tunnel at a speed of 100m per minute?

- A. 1 minute
- B. 1 and a half minute
- C. 2 minutes
- D. 3 minutes





6. Bujumbura is the capital of which country?

- A. Benin
- B. Burundi
- C. Malawi
- D. Swaziland



7. Roald Amundsen was the first man to reach the South Pole, but where was he from?

- A. Denmark
- B. Norway
- C. Sweden
- D. Finland



8. What kind of fear a person with gymnophobia has?

- A. Exercise
- B. The sight of human muscles
- C. Nudity
- D. Trees



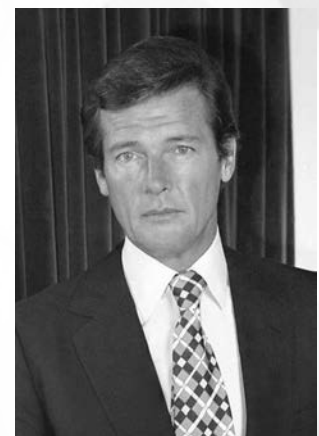
9. Which of the following colours is not in the Olympic rings?

- A. Yellow
- B. Black
- C. Green
- D. Orange



10. In which of the following James Bond movies did Roger Moore play Bond?

- A. Die another day
- B. Octopussy
- C. Goldfinger
- D. Licence to Kill



1. Which French-born designer is famous for his iconic shoes, sporting red soles?



2. Typically, what four ingredients go into a cosmopolitan cocktail?



3. What relationship were Monica and Ross in "Friends"?

F•R•I•E•N•D•S

4. What is the name of the woman in the picture?



5. Which breed of dog can be seen in the picture?



6. What is the title of the movie that this scene is from?



7. Which London Underground line has the most stations?



8. The Golden Bear is the prize of which prestigious film festival?



9. Who are the four main characters in "Sex and the City" ?



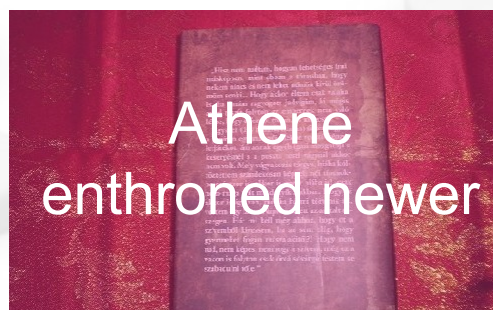
10. In what year was pop icon Madonna born?



1. Which element's chemical symbol matches the monogram of the person whose picture we see when he was young?



2. Which novel's title is hidden in the anagram?



3. Which word is missing from the quotation?  
"The greatest glory in living lies not in never falling, but in ..... every time we fall."



4. Who painted this picture?



5. Which country's coat of arms is this?



6. Whose picture do we see?



7. What is this logo?



8. What is the name of this retired Jamaican sprinter in the photo, who won the 100m and 200m titles at three consecutive Olympics?



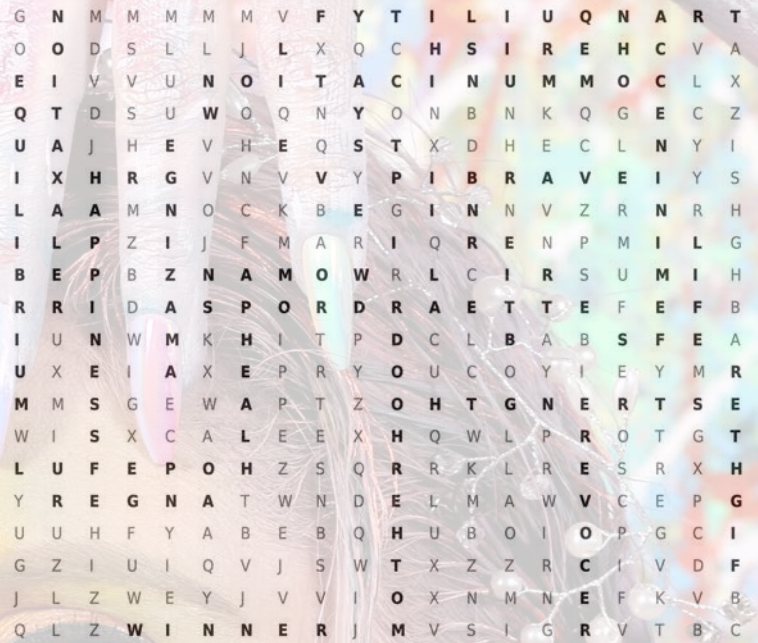
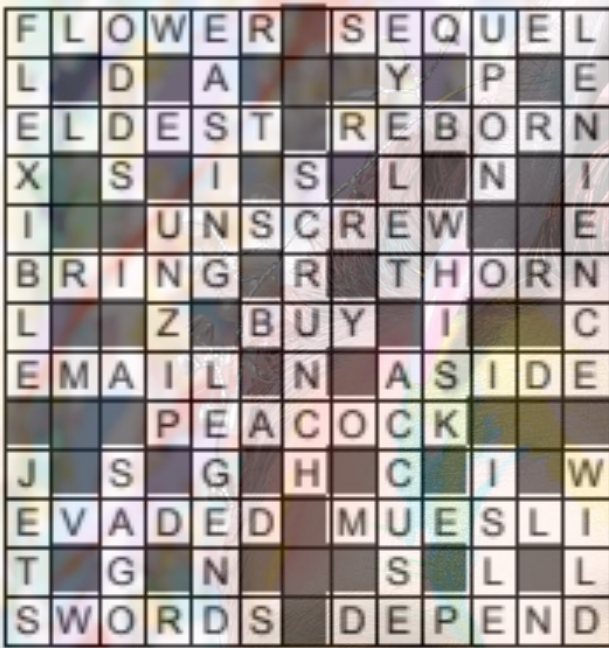
9. Which band's album cover is this?



10. Which country are we in?



# SOLUTIONS



Crosswords printed by: Paulspages Codeword Designer  
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[www.paulspages.co.uk/codeword](http://www.paulspages.co.uk/codeword)  
[www.puzzle.org](http://www.puzzle.org)

## Page 114 – 115

1. B
2. B
3. C
4. A
5. C
6. B
7. A
8. C
9. D
10. B

## Page 116 – 117

1. Christian Louboutin
2. Vodka, cranberry juice, Cointreau, lime juice
3. Monica is Ross' younger sister
4. Princess Sofia, a member of the Swedish royal family
5. Bernese Mountain Dog
6. The Intouchables
7. District Line
8. Berlinale
9. Carrie Bradshaw, Samantha Jones, Miranda Hobbes, Charlotte York
10. 1958

## Page 118 – 119

1. Scandium, SC, Sean Connery
2. "And Then There Were None"
3. "rising"
4. Boticelli
5. Netherlands
6. Golda Meir
7. Pringles
8. Usain Bolt
9. Pink Floyd: The Division Bell
10. Wales

## Page 119

Across:

3. Sangria
5. Tenerife
6. Lovecraft
8. Gallop
10. Unicorn
14. Danube
15. Picasso
16. Piano
17. Apiery
18. Rum

Down:

1. Niagara
2. Unique
4. Kimchi
5. Tranquility
7. Orange
9. Laredo
11. Tsunami
11. Awesome
13. Water

Source of images:

- 114/1 <https://www.pinkvilla.com/entertainment/hollywood>  
 114/3 [https://hu.wikipedia.org/wiki/Alexander\\_Graham\\_Bell](https://hu.wikipedia.org/wiki/Alexander_Graham_Bell)  
 115/7 [https://en.wikipedia.org/wiki/Roald\\_Amundsen](https://en.wikipedia.org/wiki/Roald_Amundsen)  
 115/9 [https://en.wikipedia.org/wiki/Olympic\\_Games](https://en.wikipedia.org/wiki/Olympic_Games)  
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 116/3 <https://en.wikipedia.org/wiki/Friends>  
 116/4 <https://www.facebook.com/PrincessSofiaOfSweden>  
 117/6 <https://www.imdb.com/title/tt1675434>

117/9 [https://elpais.com/cultura/2018/06/05/television/1528232442\\_238806.html](https://elpais.com/cultura/2018/06/05/television/1528232442_238806.html)

117/10 <https://en.wikipedia.org/wiki/Madonna>

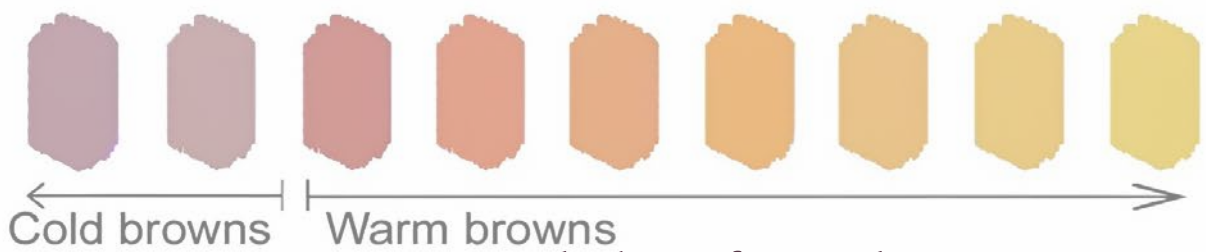
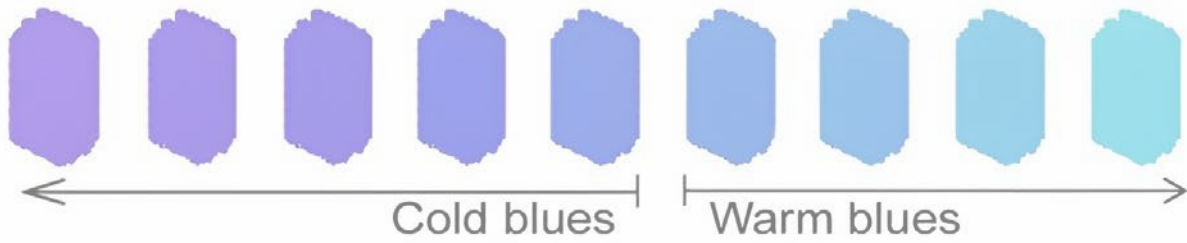
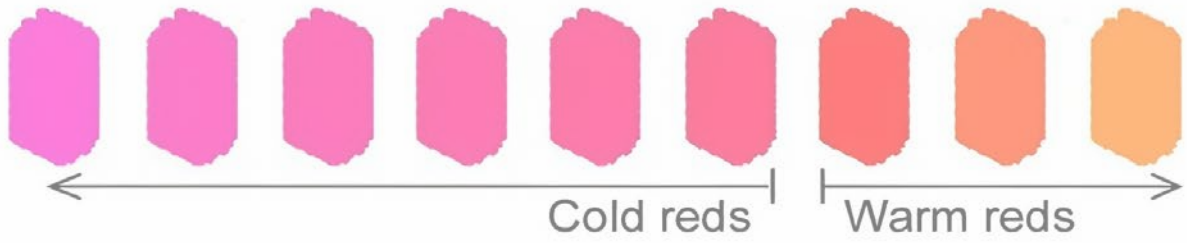
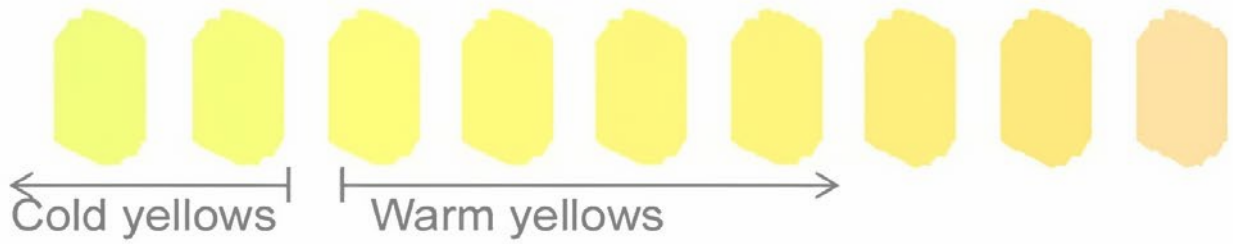
118/1 <https://www.imdb.com/title/tt0057076>

118/3 [https://en.wikipedia.org/wiki/Nelson\\_Mandela](https://en.wikipedia.org/wiki/Nelson_Mandela)

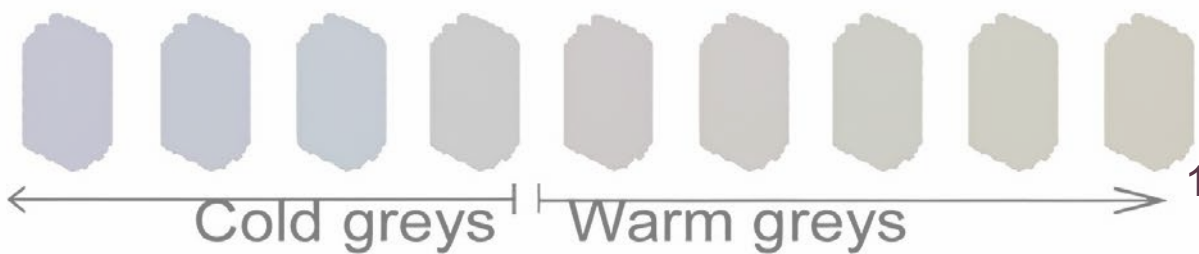
119/6 [https://en.wikipedia.org/wiki/Golda\\_Meir](https://en.wikipedia.org/wiki/Golda_Meir)

116/8 [https://en.wikipedia.org/wiki/Usain\\_Bolt](https://en.wikipedia.org/wiki/Usain_Bolt)

116/9 [https://en.wikipedia.org/wiki/The\\_Division\\_Bell](https://en.wikipedia.org/wiki/The_Division_Bell)



*My world of colours*










# About ESGO ENGAGE:

The European Network of Gynaecological Cancer Advocacy Groups (ENGAGE) is the ESGO network of European patient advocacy groups.

It represents all gynaecological cancers (particularly ovarian, endometrial, cervical, vulvar, and rare cancers).

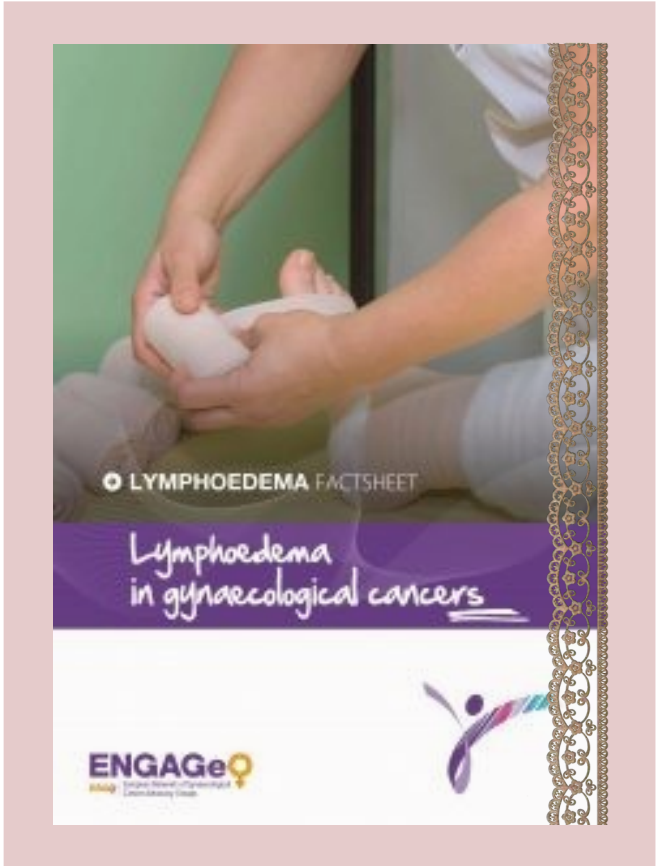
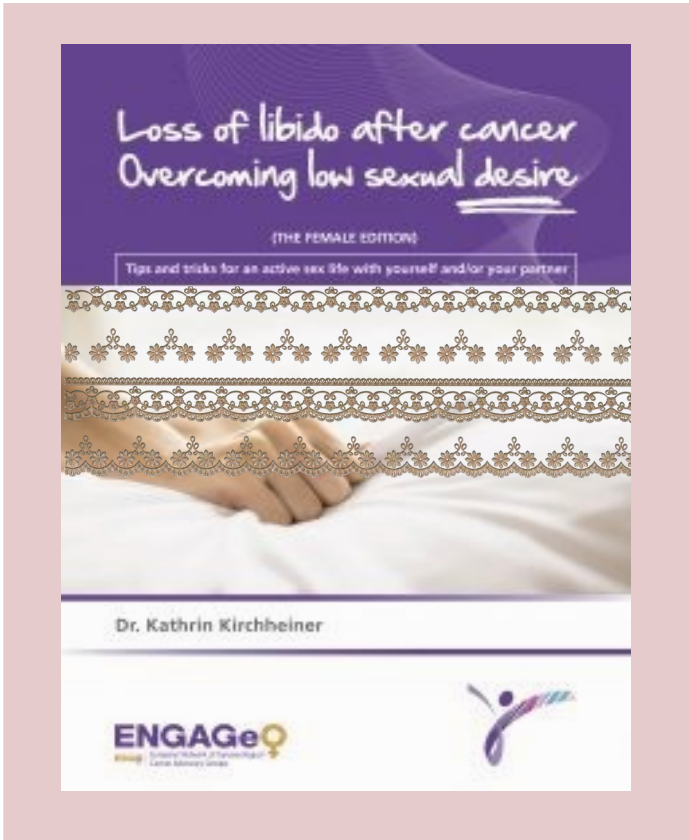
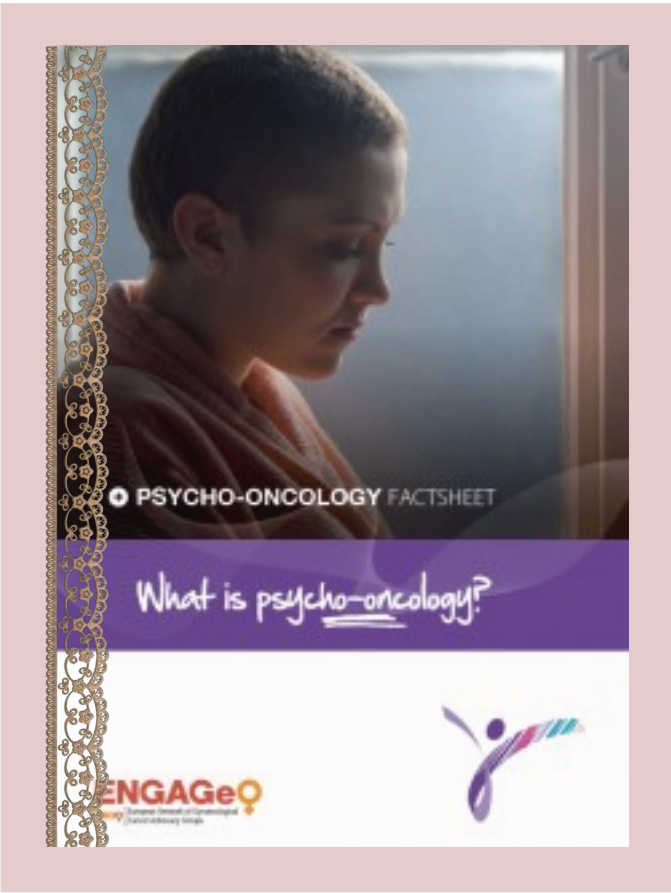
ENGAGE's mission is to empower a patient-centric approach to gynaecological cancer care, research and prevention through awareness, advocacy and education.

You can find them here:



[https://  
engage.esgo.org/  
brochures](https://engage.esgo.org/brochures)

# ENGAGe has several brochures helping quality of lives:





*Poems*



*“ Smoke of a candle ”*

“ THE CANDLE IS SMOKING, ALAS, ITS FLAME DOZED OFF,  
DOZED OFF...

I’LL LIGHT IT AGAIN, SO YOU MAY FIND THE WAY TO YOUR HOME,  
YOUR HOME...

PLEASE DON’T BLOW IT OUT, THIS CANDLE IS STILL VERY BRIGHT,  
VERY BRIGHT...

I’LL ALWAYS CARRY ITS FLAME IN MY HEART, NOT BE TERRIFIED,  
NOT BE TERRIFIED...

A CANDLE WILL ALWAYS REMEMBER, WHEN ITS FLAME IS ALIGHT,  
ITS FLAME IS ALIGHT...

MY LOVING HEART, MY LOVING HEART IS SCORCHING HOT,  
SCORCHING HOT... ”

*Ic6 T6th - M.T*

*“ Stay silent, please! ”*

“ Stay silent, please! Stay silent, please!

I want you to feel your heartbeat...

Hear its pounding!

It shows you life could be astounding.

If your body is in distress and dread rules your soul,

Stay silent, please, listen to the melody condole.

If you hold my hand and it's squeezed by another,

We listen to the heart throbbing in a slumber.

Reminds you of your strength, not an opinion,

The body with the spirit, a companion.

So stay silent, please, and squeeze my hand,

Be blessed with strength and peace, I command.

If you quiver and feel the wrath inside you form,

Just stay silent, please, don't try to control the storm.

Your heart is racing, please close your eyes,

You will hear the pounding of your life.

There is strength and peace for you! No lies...

Stay silent, please! Stay silent, please!

I want you to feel your heartbeat,  
Hear its pounding!

If you hold my hand and it's squeezed by another,  
We listen to the heart throbbing in a slumber.  
Reminds you of your strength, not an opinion,  
The body with the spirit, a companion.

I offer you my embracing hands,  
Feel my unwavering faith from them.  
I'll be there for you; just follow your heart,  
Hear it's beating when it gives life a start.

If you hold my hand and it's squeezed by another,  
We all know what it means to be together.  
I support you, and you support me forever,  
We all know what it means to be together.

Stay silent, please! Stay silent, please! ”

*Ic6 T6th - M. T*

*Ervin Aranyosi – M. T: “ Mallow flower ”*

“ Mallow flower, mallow flower, delicate gems...

I buried thirty stems at the base of the fence.

Lacking their roots or sprouts a few of them,  
in their creation there was some problem.

I awaited the flowers blooming with love,  
- showered by rain and warmed by the spring sun.

The roots continued to grow and life began to appear,  
they blossomed, flourished, and discovered a lovely home here.

In the June sun, their petals began to open,  
their fantasy world came to life at that moment.

Tiny, pretty mauve-coloured flowers appeared in an instance,  
a new chapter was written in the journal of existence...

I observed the strength of this teeny flower,  
watched what it was trying to say to the world.

Our lives are not a burden, but a dream, a hope and a goal,  
if I have them, that's the place where I shall find happiness and joy.

Mallow is a prime example how to survive,  
clearly shows to the others its vivacious thrive.

Doesn't fight, but merely exists, - a strong, powerful soul,  
that's what life is about... not giving up before the goal...

Mallow flower, mallow flower, delicate gems...

I buried thirty stems at the base of the fence.

Let this flower serve as a symbol of the essence of life,  
Doesn't matter what happens in the world, keep your hope alive! ”





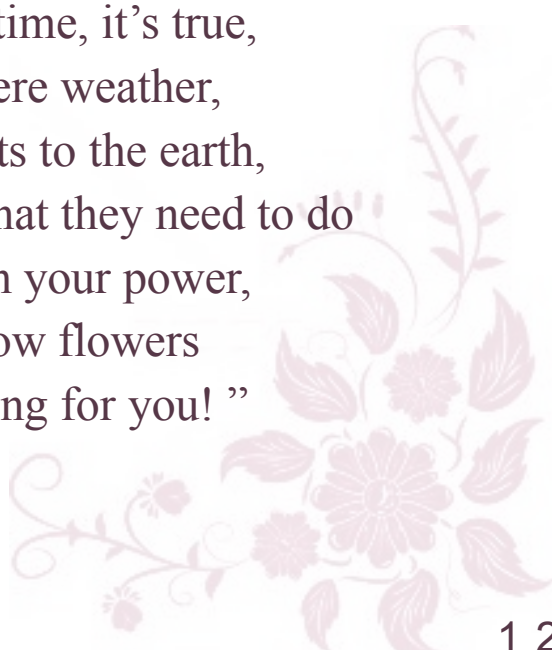
*Magdolna Czifra – M. T: “ Mallow flowers ”*

“ Velvet petals are caressed by the wind,  
No one can fully see what lies beneath  
The surface is charming and carefree  
The world is an ocean of vivid flowers  
Every human on Earth starts in this style  
Overflowing of hope and merry  
When the storm will arrive is unclear  
With petals torn, it strikes and disappears  
You will remain alone there

Like many of your peers, you put up a valiant fight  
You can't just vanish like that!

Those who left the promise of life behind  
Quickly teeter on the brink of demise  
Someone will hear you; say it soon!  
Around you are beautiful mallow flowers  
Everyone can see your chalice is ruptured.  
No more wind gusts can destroy you.  
Although some of them have broken buds,  
They quietly fall to the ground's dust.

As it has been written for a long time, it's true,  
But those who battled with severe weather,  
Tried to cling with their fresh roots to the earth,  
They knew there are still some work that they need to do  
You who enhance this world with your power,  
With the highest regard, mallow flowers  
There are so many eagerly waiting for you! ”





***“ Together for one another ”***

“ Come and show me how to live, please, darling!  
Teach my timid heart how to be daring...  
Grab my loving arm and hold me ever so close  
Your fortress is strong, we aren't needed for your cause!  
we aren't needed for your cause!

Come, please! Express our gratitude at last!  
Whisper a quick prayer with our hands clasped.  
The Almighty takes you under His safe wings,  
He does everything for you! Simply see it...

Come to the island of harmony with me...  
We don't need a wicked, vile enemy!  
Give it everything you've got and let's explore,  
How beautiful life is, that you still adore!  
adore!

Look me in the eye; I know it's not a breeze!  
Yet, grasp my hand, sweetheart, and come with me, please!  
It's a wide road, so let's just stick together,  
We both agree; do it for one another!  
Let the whole world see our power,  
We set off with the mallow flower!  
We will help with a mallow flower... ”

***Ic6 T6th – M. T***



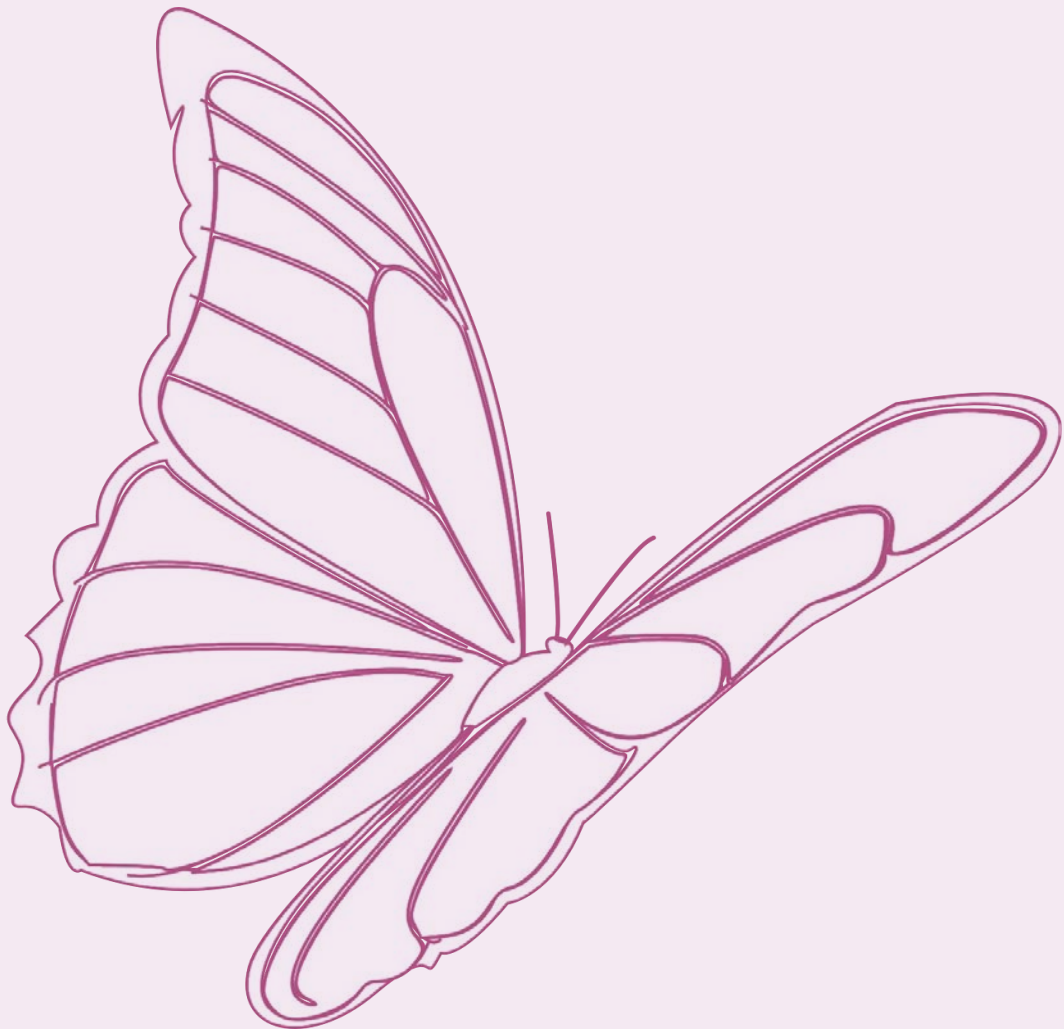
*All the best!*

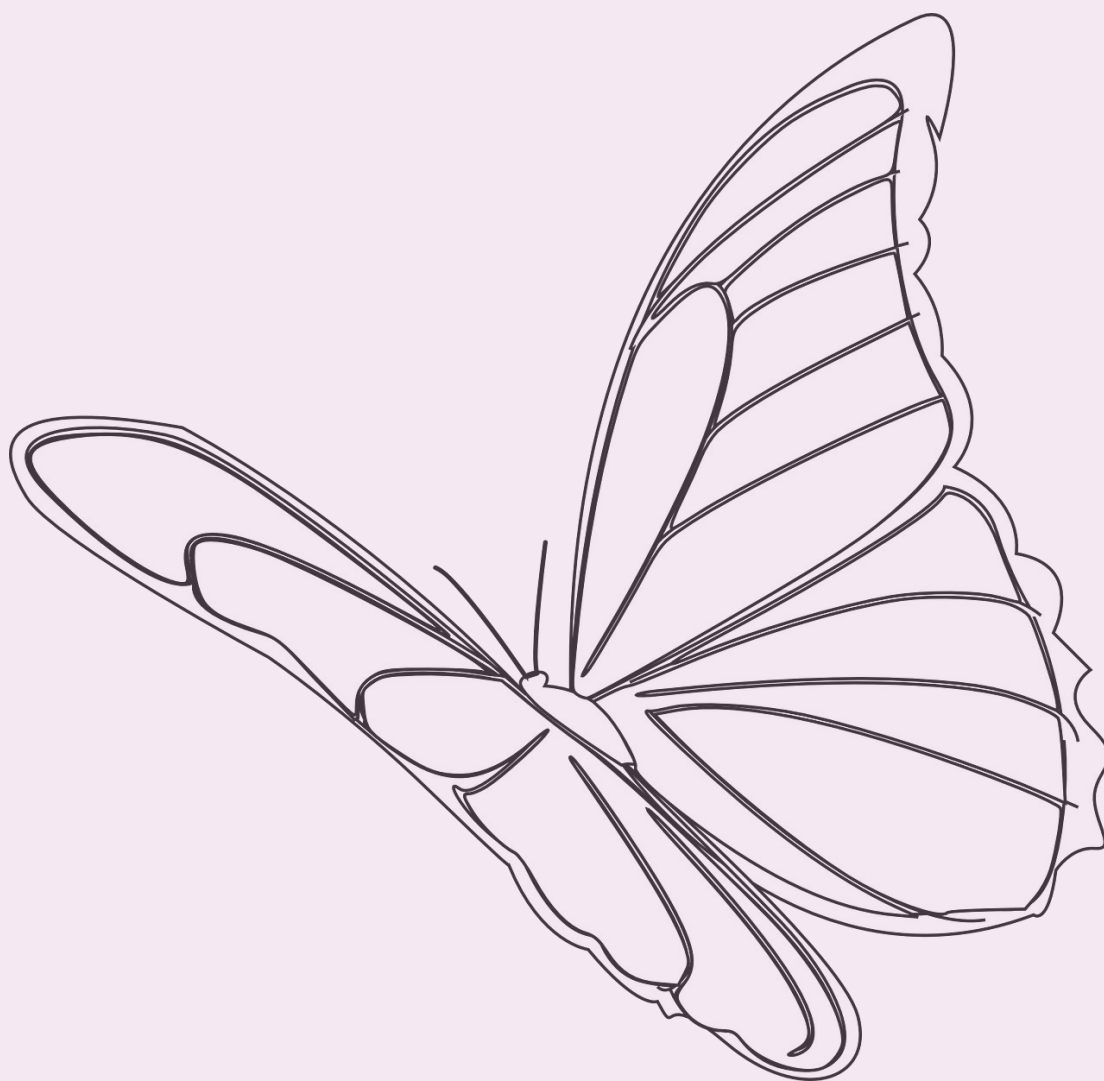
*We wish you all  
the best  
on your journey.*

*You can always  
find us  
if you need help!*

*“ Information is power,  
but communication  
is the solution. ”*

*For more help, visit:  
<https://engage.esgo.org>*





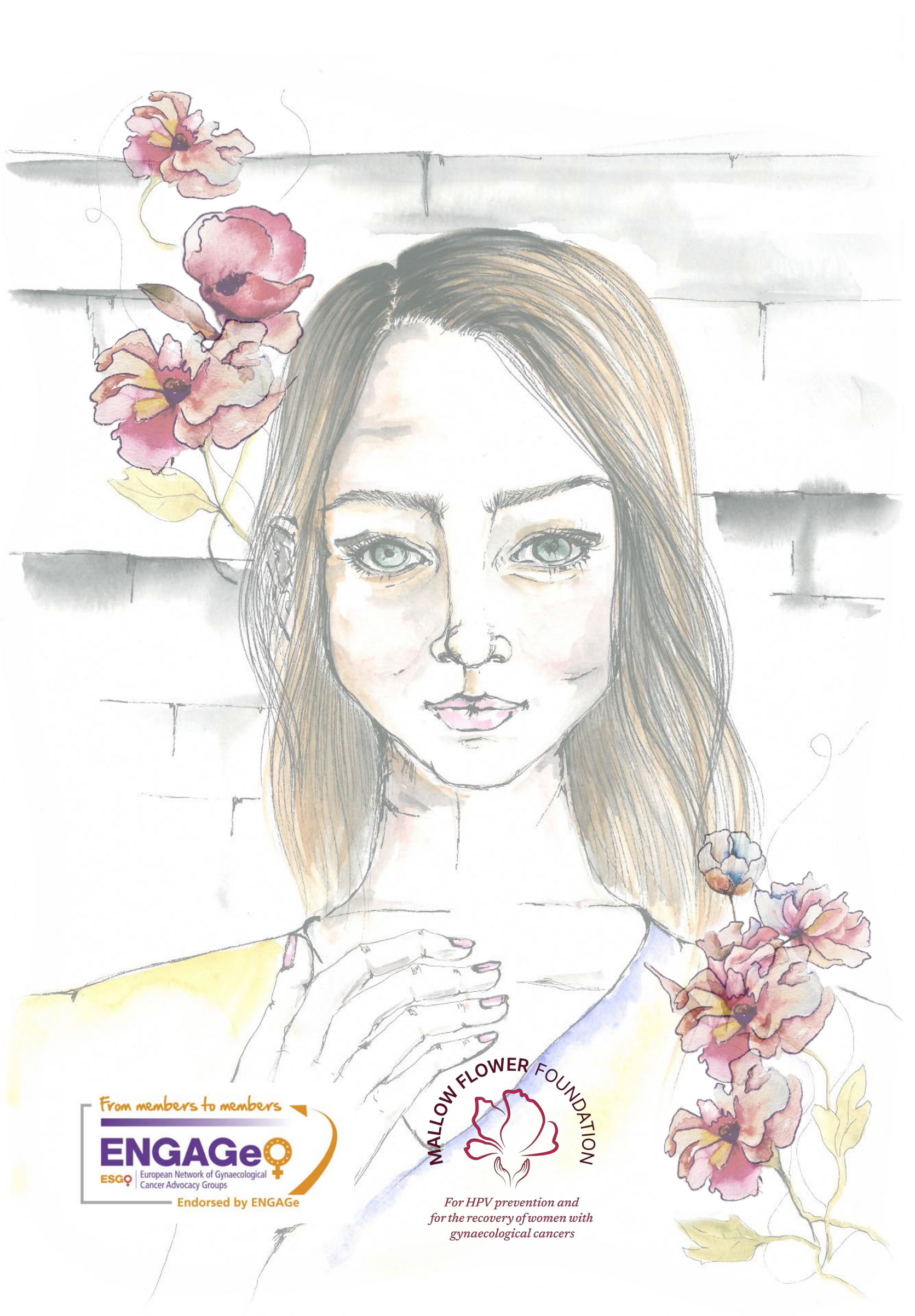
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From members to members

**ENGAGE<sub>Q</sub>**

ESGQ | European Network of Gynaecological  
Cancer Advocacy Groups

Endorsed by ENGAGE

MALLOW FLOWER FOUNDATION



*For HPV prevention and  
for the recovery of women with  
gynaecological cancers*