

Understanding Treatment Options & Mental Health Impacts





EMPOWER PATIENTS
TO MAKE INFORMED
DECISIONS ABOUT
THEIR TREATMENT
WHILE MANAGING
ANXIETY AND MENTAL
HEALTH CHALLENGES
RELATED TO THOSE
DECISIONS.



to My Soul

Cancer treatment can include various approaches, including surgery, chemotherapy, radiation, immunotherapy, targeted therapy, and hormone therapy. The exact treatment plan depends on the type of cancer, its stage, and your overall health. Each option has its benefits and side effects, and some treatments may be combined. It's important to discuss all your options with your medical team and understand the potential risks and outcomes of each choice.

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THE EMOTIONAL IMPACT OF TREATMENT DECISIONS

The process of deciding on a treatment plan can stir up many emotions. It's normal to feel overwhelmed, scared, or even frustrated by the uncertainty of what the future holds. The emotional weight of these decisions can be heavy, and it's okay to experience fear and anxiety.

Many patients worry about how treatments may affect their daily lives, physical appearance, or relationships.













Your healthcare team plays a crucial role in guiding you through treatment decisions.

They are here to provide answers, clarify uncertainties, and work with you to create a treatment plan that aligns with your values and goals. Remember, they are your partners in this pathway, and their expertise and care can help guide you through each step.







In today's world, there is an overwhelming amount of information available online about cancer treatments, side effects, and patient experiences.

While it's important to be informed, this flood of information can be difficult to process, especially when emotions are high. It's completely normal to feel overwhelmed at times. If all the information becomes too much, it's okay to take a step back and give yourself a break. Take time to absorb things at your own pace - and remember that your medical team is available to help clarify what's most relevant and helpful in your





Making decisions about cancer treatment involves not just physical concerns, but also the potential impact on your mental health. Fear, confusion, and stress are common during this time, and it's important to acknowledge these feelings. Here are a few ways to manage emotional challenges.

grown yourself

Acknowledge your feelings

It's okay to feel overwhelmed or scared. Give yourself the permission to experience these emotions, and don't rush the process.

Ground yourself

When the emotional weight feels heavy, grounding techniques like holding onto something familiar, or even focusing on the sensation of your breath, can help bring you back to the present moment.

Seek emotional support

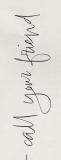
Talk to loved ones, consider therapy, or join a support group to share your experience with others. Patients who have been through similar experiences share a special bond. Their shared understanding can provide comfort, empathy, and a safe space to express your feelings.

Focus on what you can control

While the treatment process may feel overwhelming, there are parts of it that you can help manage, like preparing for appointments, organizing your support system, and planning self-care activities.

Create moments of joy

Even in uncertainty, seek out small moments that bring you joy — whether it's a favourite television show, a walk outside, or a call with a friend. These moments can help counterbalance the stress.









REMEMBER, MAKING
DECISIONS ABOUT
YOUR TREATMENT
CAN BE AN EMOTIONAL
ROLLERCOASTER, AND
THAT'S OKAY. TAKE
THINGS ONE STEP AT A
TIME — AND KNOW THAT
YOU ARE NOT ALONE. YOU
HAVE THE STRENGTH,
RESOURCES, AND
SUPPORT TO NAVIGATE
THIS PATHWAY.

Malco a list of questions

Write down any concerns or uncertainties you have about treatment options. Bring this list to your appointments.

Take notes during appointments

Bring a notebook or ask if you can record your consultations. This helps ensure you don't miss any important information.

Include a loved one

Consider bringing a friend or family member with you for support. They can help absorb information and offer emotional support.

Don't rush your decision

Take time to reflect on your options. It's okay to need time to process before making any decisions.









I am allowed to take my time making decisions that feel right for me.

> It's okay to feel overwhelmed. I am not alone in this.

I trust that I will make the best decision for my health and my future.

> I will ask questions and seek support until I feel confident in my choices.

> > It's okay to feel fear; I am taking action for my future.

I have the support I need to move forward with confidence.

Even in uncertainty, I trust that I will find the strength to handle whatever comes next.

I trust in the guidance of my doctors, but I also trust my instincts.

Affir-ma-tions

