Coping with a Cancer Diagnosis: 9 Tips



Ask your care team about treatment plan, medical costs, and symptoms to expect.

Maintain Your Health.



Stay healthy by sleeping enough, managing stress, eating healthy, and staying active.

Cancer can take a toll on you, so it's important to allow others to support you by:

Allow Yourself to be Helped.

- Taking care of errands
- Providing emotional support
- Helping you decide on care options

Find a Support Group.

Find your support group by:

- Talking with your healthcare provider
- Searching the American Cancer Society website
- Searching the National Cancer Institute (NCI) database

Communicate and Express Your Feelings.

Openly communicating your feelings will help you process your diagnosis and feel less alone.

Make Future Plans.
 Talk with your care team about treatment

- options.Create an Advanced Directive.
- Discuss caregiving options with loved ones.
- Plan your finances.

Take Time to Adjust.

Give yourself grace while you take time to process your diagnosis.

Find Personal Ways To Cope.

You can travel, exercise, lean on your faith, do

something creative, write a bucket list, or spend time with loved ones.

- Remain Hopeful.
 - Talk with cancer survivors.
 - Research your diagnosis.
 - Share your experience.

• Look forward to the future.