

# CELEBRATING LIFE WITH CANCER

When you're confronted with the Big C, you're acutely aware that life is a gift you can't take for granted. But how do you celebrate life after a cancer diagnosis? By practising these self-care techniques, you can **improve your physical and emotional well-being.**

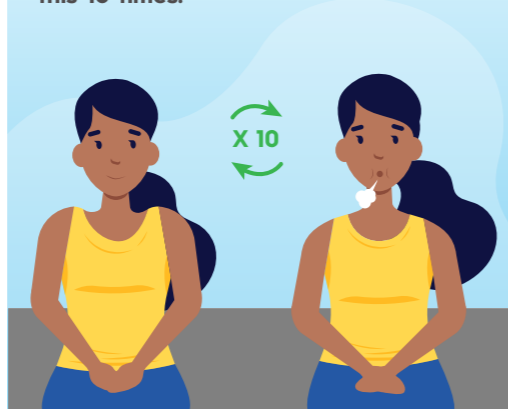
## 1. MEDITATE

Find a **calming activity** that keeps your **mind focused on the present** moment. And when your mind wanders to your job or long to-do list, bring it back to the present.



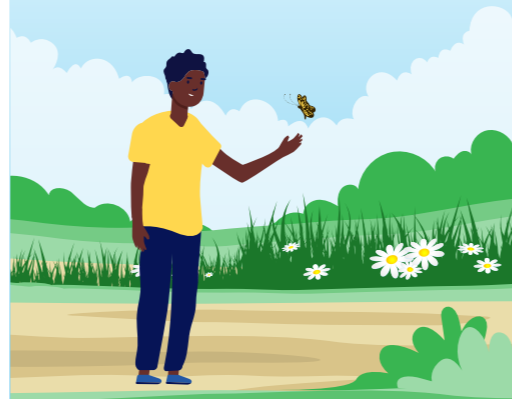
## 2. BREATHE DEEPLY

**Inhale deeply**, feeling your entire insides expand. Then **exhale gently**, feeling your belly, back and sides relax slowly. **Repeat this 10 times.**



## 3. BE MINDFUL

**Venture outdoors** and use your senses to **experience your surroundings**. Notice the shape of the flower, listen to the buzzing bee and feel the cool breeze on your skin.



## 4. DRINK TEA

A **comforting cup** of Rooibos tea helps to **calm the mind and reduce stress**. It also gives your immune system a boost with a **healthy dose of antioxidants.**



## 5. SHOW LOVE

Cuddle your pet, hug a friend or snuggle with your partner or kids. **Physical touch** can **reduce your stress levels** and inspire new solutions for seemingly unsolvable problems.



## 6. TAKE TIME OUT

When you are feeling **physically or emotionally overwhelmed**, take time out to **rest and recharge**. You may need to turn down social invitations or cut down on non-essential commitments for a while.



## 7. HOLD ONTO FAITH

Religion and spirituality can offer **grounding** and support during a time when you **feel scared and lonely**.



## 8. GET ENOUGH SLEEP

Aim for **6 – 8 hours every night**. If you struggle to sleep, try **evening walks**, a calming ritual and **no screen time before bed**.



## 9. LAUGH A LITTLE

**Indulge** in books, music, movies and series and people that **put a smile on your face**.



## 10. MANAGE YOUR PAIN

Choose a **pain management plan that meets your needs** (for example, balancing the need to be alert with the need to control pain). You can use various medications with the guidance of your doctor or choose alternative therapies if you prefer.



LASTLY...



Keep moving and do moderate exercise when you can.



Maintain a healthy, balanced diet with plenty of fresh fruit and vegetables.



Drink water regularly.



Don't be afraid to ask for help if you need it. You may have friends and family who would like to support you. The Cancer Association (CANSA) also offers various support programmes and services. You can contact them on 0800 22 66 22.