

Surviving the Big C

Cancer is a diagnosis being faced by many today, and surviving it can be very challenging. But one of the things most survivors have in common is a strong will to live, and a steadfast hope that they'll get through it.

Here are some survival tips from those who've travelled the road:

- Guide your thoughts towards a positive mindset. Most people are born with an instinct to survive. Strengthening this natural, inborn desire is key.
- Don't see yourself as a victim; become a warrior against the disease. You need to become an active partner with your medical team, to determine what therapies are right for you, to understand what your body needs and how to meet its needs.
- Understand that cancer isn't a linear journey. You can simultaneously feel grateful for being alive and completely devastated by what's happening to you. Your emotions may go up and down.
- Lean on family and friends during this time. A strong support system can sometimes be the difference between surviving and thriving.
- Deal with any guilt you may feel afterwards. Those who survive cancer sometimes feel as if they didn't deserve to come through, when so many others don't, or feel guilty for putting their loved ones through the journey with them.
- Participate in psychological support programmes, where you can, to share your experiences, hopes, frustrations and emotions with others who have cancer. This can help you to better process negative emotions.
- Set realistic goals for yourself that will help you to maintain a sense of achievement.
- Take care of your body by following an improved diet, and exercise regularly (as directed by your healthcare provider). Sleep and rest often.
- Hold on to hope – it's a powerful tool for keeping your mind healthy while the body is healing.
- Keep all your follow-up appointments and do all your tests.



Toll-free: 0800 111 011
Request a call back: *134*905#
Get in touch online: <http://app.lyrawellbeing.health/>
Your company code: WES007

<https://med.stanford.edu/survivingcancer/cancers-existential-questions/cancer-will-to-live.html>
<https://www.mayoclinic.org/diseases-conditions/cancer/in-depth/cancer-survivor/art-20047129>

lyra wellbeing