

30 Tips for People Newly Diagnosed with Cancer

(Abbreviated version)

- ♥ Take...
 - a pause.
 - a breath.
 - the process, step by step, day by day.
 - someone to your appointments with you.

- ♥ Be...
 - your number one advocate, or know who is best to advocate for you.
 - wise about what you are reading online.
 - yourself and keep as much normalcy as will help you.
 - persistent with your insurance company.

- ♥ Ask...
 - questions.
 - for a second or third opinion.
 - for help from family and friends.
 - about proton beam radiation, if radiation is part of your treatment plan.

- ♥ Set...
 - your thoughts on God above all else.
 - up your support system.
 - healthy boundaries for your time and space.

- ♥ Free...
 - yourself from having to please the people around you.
 - yourself from having to know the outcome and go day by day.

- ♥ Do...
 - get fresh air as often as possible.
 - eat nutrient dense foods.
 - drink water.
 - keep moving.
 - make a plan to access 'rest and digest', and away from 'fight and flight' response.
 - read, listen to music and write.

- ♥ Pray...
 - for your healing.
 - for your family and friends.
 - for the doctors, medical staff, care team, and for the people you meet along your journey.

- ♥ Remember...
 - it's okay not to be okay.
 - hold on to hope.
 - reach out for help when you need it.
 - to live out love every day.