

Tips

Psycho-oncology support

The announcement of bad news and the emotional shock that accompanies it may not be possible to overcome without the help of a specialist. Psycho-oncologists can help you and those close to you to deal with the emotions you are experiencing by offering you counselling. Ask your treatment team for a recommendation.

Exchanges with other people concerned

«Discussion groups» (www.selbsthilfeschweiz.ch)

Peer to peer services of the Cancer League: «Stakeholder Council»

Support from a palliative care team

When treatment is aimed at relieving symptoms rather than curing the disease, palliative care offers an approach that enables the best possible quality of life to be maintained. Specialist palliative care teams also support and care for cancer patients at home.

Further information on this topic

Brochures of the Swiss Cancer League:

- «Cancer therapy has changed my appearance»
- «When also the soul suffers»

Dealing with my feelings

Good to know

People with cancer have good days and bad days. It can be hard to deal with follow-up visits after cancer treatments or the news that the disease cannot now be cured. Such news can be very shocking and can change a life completely.

Your daily life is also influenced by changing emotions. People affected by cancer and those close to them may feel anger, sadness, despair, fear, withdrawal or symptoms of depression. They ask themselves many questions but there is often no answer. For example: "Why me?"

No matter what stage of cancer you're in, your quality of life should be your priority. There are many professionals who can help you maintain the best possible quality of life by treating your problems and providing support. The recommendations in this flyer can help you to deal with your emotions.



Dealing with my feelings

You feel...	Or you notice...	What you can do for yourself...
	- You accept your situation - Sometimes, you are afraid when you think about what will happen in the future - Sometimes you feel really tired and like doing nothing	- Take care of your body. Plan rest periods during the day. - Make the most of your good days by doing things you enjoy (e.g. going for a walk, going to the cinema, meeting people you trust). - If you're struggling, try not to be alone with your fears. - Talk to the people close to you about your feelings, concerns, and questions: they can support you.
	- You are often sad, even angry - You feel like you don't know what's going on. - Sometimes, it's hard to focus on what you're doing, or on a conversation.	- You could join a discussion group where you can talk to other people in a similar situation. - Talk to members of your healthcare team you trust about your feelings, concerns and questions. - Contact the Cancer League in your canton or the Cancer HelpLine for support.
	- You can't concentrate on an activity or a conversation - You can't sleep at night - You feel like you have no hope - You panic sometimes	Contact your healthcare team.