

THIS IS **LIVING WITH** CANCER™

Finding everyday inspiration

Inspiration can come from anywhere. **This resource is intended to help you find inspiration by focusing on showing gratitude, being kind and maintaining hope.**

EXPRESSING GRATITUDE

Throughout your cancer diagnosis and treatment, it can be **beneficial to show appreciation for the people and things that make your life enjoyable.** This may help you acknowledge personal challenges while continuing to find joy in life.

Gratitude may also reduce stress and encourage healthy behavior, like exercising and eating well.

PRACTICING POSITIVITY

When you wake up each morning, **you have the power to control your thoughts and see the world positively.** Before your day begins, take some time to give thanks through:



Mindful meditation



Journaling



Letter writing



INSPIRATION TIP

As you practice gratitude toward others, you may start to appreciate things you never noticed before and focus on your own strengths as well.

“*What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.***”**

– RALPH WALDO EMERSON

Showing appreciation

Sometimes it may be hard to express your emotions face-to-face. **Writing down these feelings of gratitude may help.**

You can craft a letter of thanks and show your appreciation toward someone who has helped you during your treatment. You could write one for a caregiver, a doctor or nurse, a family member or a friend.

Thank you notes

If you'd like, you can print out and fill in the cards on the next page as a way to show your appreciation toward others.



TO:



TO:



TO:



Keeping kindness in mind

Doing small acts of kindness can offer a break from what's going on in your own life. Think about those around you, including your loved ones or caregivers. Consider what you can do to help improve their lives, like the way they help improve yours.

These small acts of kindness may include:



Listening to a loved one's story



Providing words of encouragement



Showing empathy



INSPIRATION TIP

If you feel more positive about yourself, it may be easier to see someone else's perspective. Take time to find techniques that help put you in a better mindset. This may put you in a better position to practice kindness.

Turning negatives into positives

It's normal to have a bad day, but it may help to try and turn negative thoughts around and see the brighter side of a situation. This may help you better prepare for a future situation that may negatively affect you.

See how these negative thoughts or feelings can be thought about in a positive way. Use the chart on the next page as a tool for yourself when you may be feeling down. You can also print out the chart and add your own thoughts.





NEGATIVE	POSITIVE
Tired/exhausted	Recharging
Out of sorts	Different
Problem	Challenge
I can't	I'll try
I'm sorry	Thank you

66 *Kindness in words creates confidence.
Kindness in thinking creates profoundness.
Kindness in giving creates love.”*

- LAO TZU

Holding on to hope

Hope is the expectation of a positive outcome, no matter what. It can help you in the face of adversity and inspire positivity.

What you hope for when you are first diagnosed with cancer may change as you go through treatment. **No matter what you hope for or what hope looks like to you, you can continue to find it in different ways.**

Staying optimistic

Hope allows us to look on the bright side of life. It also reminds us that things will get better, especially during hard times. Even if you have been recently diagnosed or are going through treatment, you can use these ideas to hold onto hope:



Share your hopes with others

Talking about positive feelings with your loved ones and healthcare team may relieve stress or help you set new goals.



Start a hope journal

Write down quotes that encourage you, or reflect on daily happenings, like new relationships or progress in your treatment.



Join a support group

You may find it easier to talk with others who have similar experiences or treatment goals.



INSPIRATION TIP

How you feel right now may not be how you feel in a week or a month. If you're invited to something, say "yes." You can always make changes later.

“I try to avoid looking forward or backward, and try to keep looking upward.”

– CHARLOTTE BRONTË

Finding inspiration in everyday life

Inspiration may look different for everyone. It may allow you to explore the world around you and express your gratitude or feelings in new ways. See where inspiration will take you.



Find encouragement in nature:

- Go outside and try to photograph the beautiful surroundings
- Draw or paint a scene outside your window



Find motivation in yourself:

- Embrace a new goal for the day
- Express yourself creatively through activities like sculpting, singing or songwriting



Find enthusiasm in new ways:

- Discover new hobbies by seeking out others who share your passions
- Engage in different activities by going to new places and trying new things

Talk with your healthcare provider about other ways to cope when you're faced with difficult emotions.



INSPIRATION TIP

New ideas and experiences may enhance your personal well-being. Try to find inspiration from different people, places or things—even outside your comfort zone.

Using words as inspiration

Having mantras, or inspiring sayings that you can use as a reminder of hope and good things to come, may help you when you are faced with different daily challenges. Let the words below inspire you to create your own mantra or inspiring saying. Print this page out and fill in the blanks for some mantra ideas.



Appreciative	Kindness	Compassionate	Happy	Control
Hope	Wisdom	Love	Willpower	Belief
Optimism	Grateful	Strength	Positivity	Courageous

I am _____.

I want to start every morning with _____.

Having _____ helps me find the positives in each day.

I am thankful for others who bring me _____.

With _____, I am capable of more.

My loved ones remind me that I am _____.