



Thriving as a Cancer Survivor During the Holidays

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WHAT??? IT'S THE HOLIDAYS...
NEVER WOULD HAVE GUESSED!!



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MOVIE NIGHT!
Pick your favorite Christmas movie, pop some corn, grab a couple goodies and a blanket and snuggle up on the couch.

Snowman Bowling!
It's game on! Stock water bottles or empty cans and use a small ball to play bowling. Create a "lane" with blankets. Remember to roll the ball!

Snowball Fight!
Bundle up and go play in the snow! No snow at your house? Gather up some socks or paper and roll them into balls and take cover!

Read a Story
Choose your favorite Christmas story and we will snuggle up and read together.

Tree Ornament
Let's make an ornament for our Christmas tree! Use felt, glue, or a needle & thread, salt dough or decorate a ball ornament with permanent markers.

Give to Others
Let's go through all our toys and choose five to give to someone who might not get much for Christmas this year. Help make someone else happy.

Picnic by the Tree!
Let's have dinner in front of the tree tonight! Spread out a blanket and we'll have a picnic.

Letter to Santa
Write a letter to Santa. Tell him three nice things you have done today and one gift you would like for Christmas.

Christmas Cookies
Make, bake and decorate Christmas cookies. Share some with neighbors and friends for some extra holiday cheer.

Game Night
Pick your favorite game and we will play in front of the Christmas tree! Pick a couple snacks and maybe we can turn on Christmas music.

Sweet Tooth
Make your favorite Christmas candy! Need some ideas? How about Super Simple Fudge, Barely Stir Caramels, or Peppermint No Bake Cookies?

Christmas Cards
Write a Christmas card to Grandma, Grandpa or a friend. Get out all the art supplies! Paint a picture, use stamps, glue, paper, ribbon. Be creative.

The Gift List
Let's check someone off your gift list! Who will it be? Daddy? Grandma? Your teacher? A friend? What should we make or buy?

Hot Cocoa Party
Make some cocoa and pull out all the goodies! Flavored syrups, marshmallows, candy canes, and whipped cream on top. Yum!



The holidays can also be....

- Stressful
- Isolating
- Depressing
- Filled with emotional triggers



And...

Living with a cancer diagnosis during the holidays may make those emotional buttons even bigger and more accessible.



Strategies to Consider

- ❖ Diminish the power of worries/fears & stress
- ❖ Stay active-mentally and physically
- ❖ Build distraction into your day
- ❖ Save your energy for the things that matter
- ❖ Celebrate YOUR resilience and strength



Diminish the power of worries/fears & stress

- Put words to those unwanted thoughts cycling through your head
- Set-up times to talk to family & friends WHO CAN LISTEN TO YOU
- Join a cancer support group
- Call the Lifeline (206-297-2500 OR 1-800-255-5505)
- Use Lifeline Chat (www.cancerlifeline.org)
- Join others at presentations

Stay active-mentally and physically

- Get your body moving
 - ✓ Walking
 - ✓ Yoga
- Re-focus your mind
 - ✓ Mindfulness meditation
 - ✓ Stress management class
- Cancer Lifeline Psychotherapy & Family Support Program

Build distraction into your day

- Reading a GOOD book/Audiobooks
- Cooking/baking
- Start an art project
- Writing
- Music

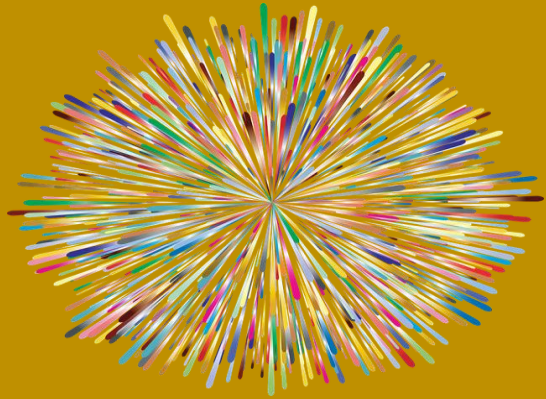


Save your energy for the things that matter

- What is important and meaningful to you?
- Ask for help...re-think doing everything yourself
- Think about ways to save energy & time
- Stick to your regular sleep schedule
- Try hard not to skip meals



Celebrate YOUR resilience and strength



STOP
Breathe
REFLECT

Think about ALL you have been able to accomplish

Celebrate YOU!!

