

# Finished Cancer Treatment?

## What Now?

Your hospital appointments have come to an end, but what now? We've asked our members to pass on their top tips for how to cope during this strange period of time. Remember you are not alone.

**Be kind to yourself - don't let cancer take away your smile**

"I would say listen to your body, you know how you feel and if you are having a harder day than normal. Try to stay positive. Talk through your worries with someone or contact the hospital. Do something for yourself every day. For me to remember to look after myself, I was so grateful that my body got me through this and I have to remember to treat it with love and kindness"  
"Be proud of yourself... you've done amazing!"

**Seek the support of others and let others help you**

"Try to talk to people in a similar situation to find out what your new normal will be"  
"Communicate with family and friends, don't withdraw into yourself, be open. Take advantage of all things available, meditation, reiki massage etc it does help, and join in with groups for coffee and chats. Remember you're not alone"  
"Plan your time - some days you will feel good and some you will feel down. Do the things you enjoy on your good days"



## Try something new

"I was very kind to myself. I allowed myself walks & some days happy to sit in solitude. Don't be afraid to try something new, I took to poetry & it has given me a new path"

"The things that helped me with my recovery was writing my life story, although I still keep adding to it. I then went on to write poetry. I also have a very large garden where I spend lots of time. Another hobby is baking and cooking. Having a hobby is key to recovery."

## Get Physical!

"Don't be tempted to hide away, get back to the things that are familiar. I found the swimming pool with its friends and exercise a great help"

"Increase your exercise daily, preferably outside"

## Dealing with appointments

"Record medical appointments so that you don't have to rely on your own memory. "Ask lots and lots of questions, take a friend for support"


## Access support from Macmillan and other support charities

"If something is bothering you speak to your nurse specialist, there's probably something else they can do to help"

"There is no such thing as a silly question, no matter how big or small. Please ask, as the answer could be really simple and would take a big weight off your mind. Even if it's a worry that doesn't have an easy answer / solution, it's still okay to talk about it. Don't bottle it up"

**View our video series Living With and Beyond Cancer at [www.youtube.com/@YorkshireCancerCommunity](https://www.youtube.com/@YorkshireCancerCommunity) or scan the QR code to view our patients tips**



 07715 217845

 [info@yorkshirecancercommunity.co.uk](mailto:info@yorkshirecancercommunity.co.uk)

 [www.yorkshirecancercommunity.co.uk](http://www.yorkshirecancercommunity.co.uk)

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