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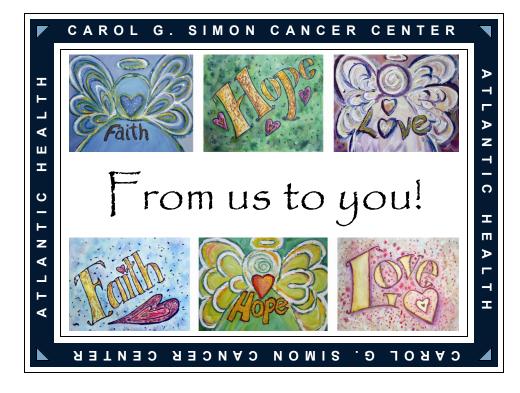


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## "From us to you"

Fellow cancer survivors offering tips of support to help you deal with the fears, confusion and anxiety you may be experiencing.

■ Develop a <b>daily ritual</b> of those things that
give you comfort; comforting music, special
people and meditation
2 Gather a support team to assist with
appointments, transportation, meals.
Choose someone to communicate updates
to family and friends
3 Speak with a person who has had a
similar diagnosis as you and has completed
treatment. Contact organizations such as
Cancer Hope Network and the American
Cancer Society
4 Use your I-Pod, to record, access or play
guided imagery, music or messages from
family and friends
<b>5 Enroll in classes</b> such as Successful
Surgery or Guided Imagery for Radiation
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