



Live your life to the fullest and do what you want now and are able to do and keep your "to do's" realistic. Don't stop and just smell the flowers- stop and smell the rain, the morning dew, the evening fire flies. Trust in God and enjoy life.



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CAROL G. SIMON CANCER CENTER

ATLANTIC HEALTH

From us to you!

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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.

1 Develop a **daily ritual** of those things that give you comfort; comforting music, special people and meditation

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2 Gather a **support team** to assist with appointments, transportation, meals. Choose someone to communicate updates to family and friends

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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

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4 **Use your I-Pod**, to record, access or play guided imagery, music or messages from family and friends

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5 **Enroll in classes** such as Successful Surgery or Guided Imagery for Radiation and Chemotherapy

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