

## 42. Unable to Express Feelings

It's natural to have many different thoughts and feelings after a cancer diagnosis. Some people feel upset, shocked or anxious, while others feel angry, guilty or alone. There is no right way for you to feel.

Emotions can be difficult for you, and people close to you, to deal with. You may find that some feelings pass with time, while others last longer. Try to find a way of coping that suits you.

It's impossible to know how you will react to a diagnosis of cancer. Common feelings include:

- shock and disbelief
- anger
- avoidance
- guilt and blame
- a loss of control, independence and confidence
- sorrow and sadness
- withdrawal
- loneliness and isolation
- fear and anxiety

There are many ways to manage your emotions. Sharing your thoughts and feelings is often a good place to start. Try talking with someone close. Remember, help is always available if you need it. Speak to your doctor, family or friend if you are struggling to cope.

It can be hard to know what to do when you feel low. Knowing where to start can be especially daunting.

One of the best things to do is to talk about how you feel with someone close. Family and friends often know you best and will usually understand your feelings.

It's really important to take care of yourself. Try to eat well and exercise regularly. You may not feel like it at the time, but getting up and dressed each day can really help.

It's normal for your feelings to build up. If you feel like they are getting too much, there are ways to release your tension. Complementary therapies may help you to relax, while support groups allow you to share your experiences. Some organisations provide counselling and emotional support, if you feel this would help.

It may take a while for you to know what works and what doesn't. Advice and support is always available if you are finding it difficult to cope.

## Local Resources:

Resource	Contact Details
<p><b>Livewell South West: Panic</b> This workshop aims to break down some of the myths surrounding panic and help you to manage your panic attacks.</p> <p><b>Mindfulness</b> Mindfulness practice can help you develop the ability to deal with life's pressures. Mindfulness meditation is a skill you can develop and a form of self-awareness training that helps you get to know yourself more fully, think more clearly and in the present moment.</p> <p><b>Managing Anxiety</b> This one hour workshop provides information on the psychological and physical symptoms of anxiety and strategies to manage this including breathing, goal setting and cognitive behaviour therapy</p> <p><b>Managing Low Mood</b> This one hour workshop provides information on the psychological symptoms of low mood as well as providing strategies to manage this</p> <p><b>Managing Stress</b> This one hour workshop introduces the symptoms of stress and how the body responds, and provides simple strategies to manage this</p> <p><b>Sleep Feel, Feel Well</b> Introduces ways to support restful sleep</p>	<p><b>Livewell South West:</b> To book a place on any of the 1 hour workshops please call: Tel: 01752 435419 or Email: plymouthoptions@nhs.net</p>
<p><b>Mustard Tree Cancer Support &amp; Triangle Drop In Centres</b> Ask questions, share concerns, offers a range of services including benefits advice. Support, advice and information for cancer patients and their carers</p>	<p><b>Mustard Tree, Derriford Hospital:</b> Monday to Friday from 9am to 5pm 01752 430060/01752 431468 <b>Kingsbridge:</b> Tuesdays 10am to 4pm 01548 852349 <b>Liskeard:</b> Thursdays 10am to 4pm 01579 373500 <b>Tavistock:</b> Fridays 10am to 4pm 01822 615935</p>

## National Resources:

Resource	Contact Details
<p><b>Macmillan Cancer Support</b> Provide comprehensive advice and information on all aspects of cancer.</p>	<p>www.macmillan.org.uk <b>0808 808 0000</b> (Mon-Fri, 9am-8pm)</p>

## Further Information:

<p><b>Macmillan Cancer Support booklets:</b> – available free from the Mustard Tree Cancer Support Centre</p>
<p>Your feelings after cancer treatment</p>
<p>How are you feeling?</p>
<p>Life After Cancer Treatment</p>
<p>How are you feeling? The emotional effects of cancer</p>