Cancer Council

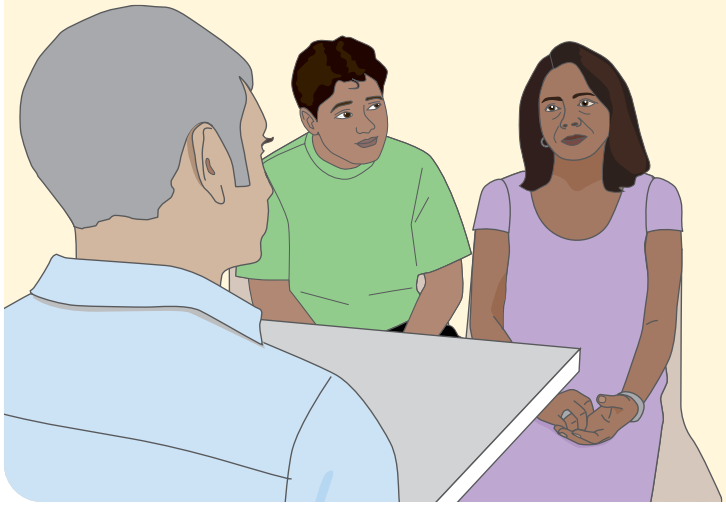
EASY READ

Feelings and cancer



Visit our website: connect.cancer.org.au/easy-read

Introduction



This information is about how you might feel when you have cancer.

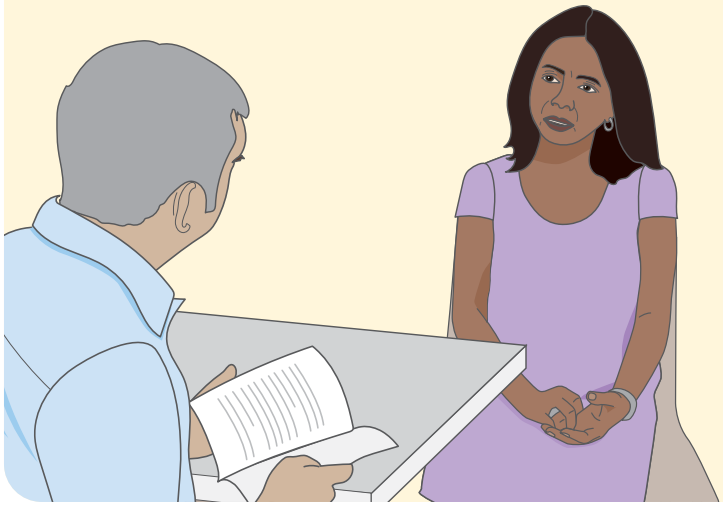


You can ask someone for help to read this information.



You may have many different feelings. This is okay. Your feelings can change every day.

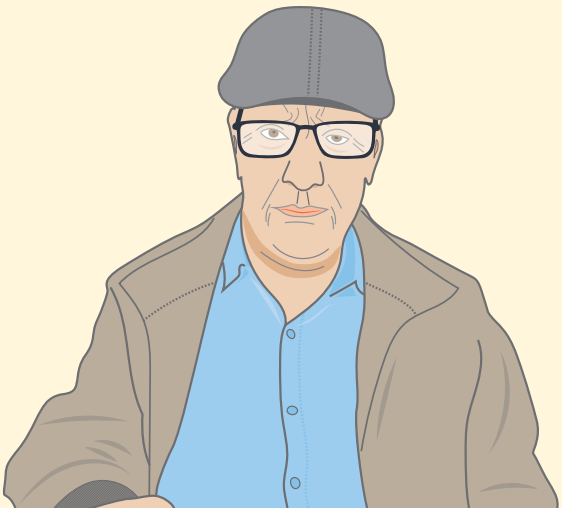
Feeling shocked and angry



Being told you have cancer can be a shock.



Doctors may use words you don't understand.



You may feel angry because having cancer:

- does not feel fair
- changes your plans
- may change you.

Feeling alone and isolated



Having cancer can make you feel alone.

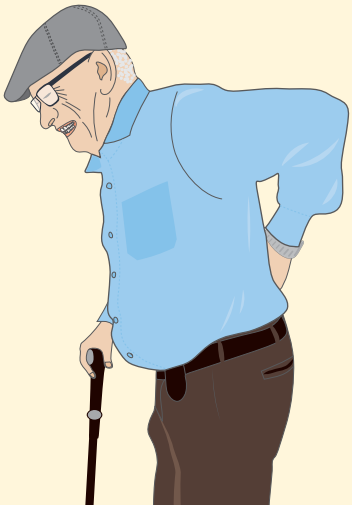


You may feel isolated from family and friends.



You may feel like you have been abandoned.

Feeling worried and guilty



You may feel worried about:

- pain
- feeling sick.



You may feel scared about not getting better.



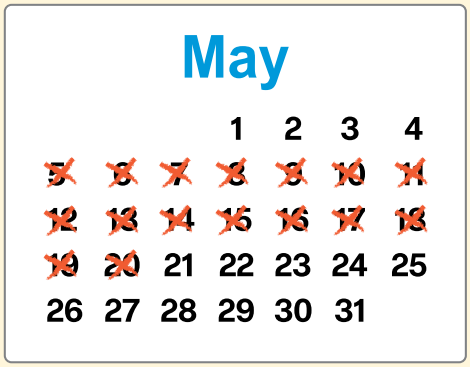
You may feel guilty because:

- your family is upset
- people have to take care of you.

Feeling sad



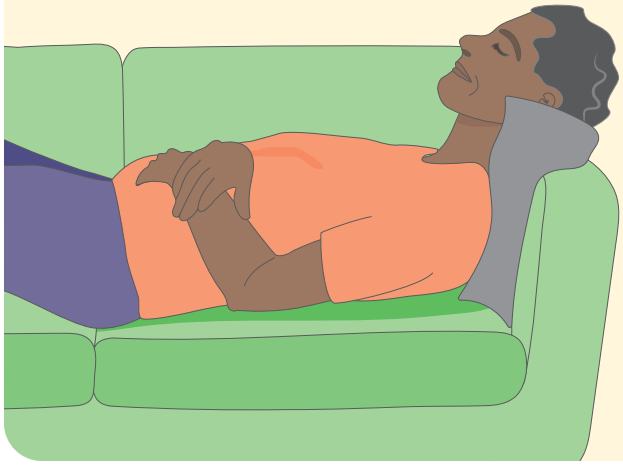
Having cancer can make you feel sad. It's normal to feel sad on some days.



But feeling sad for more than 2 weeks is called **depression**.



Being depressed means you may not want to do things you used to enjoy.



If you are depressed, you may:

- sleep a lot or have trouble sleeping
- not want to eat, or eat more than usual.

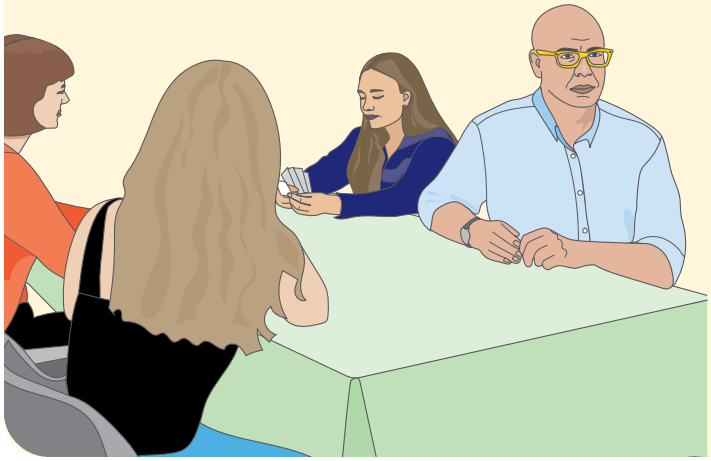


You may also cry a lot.

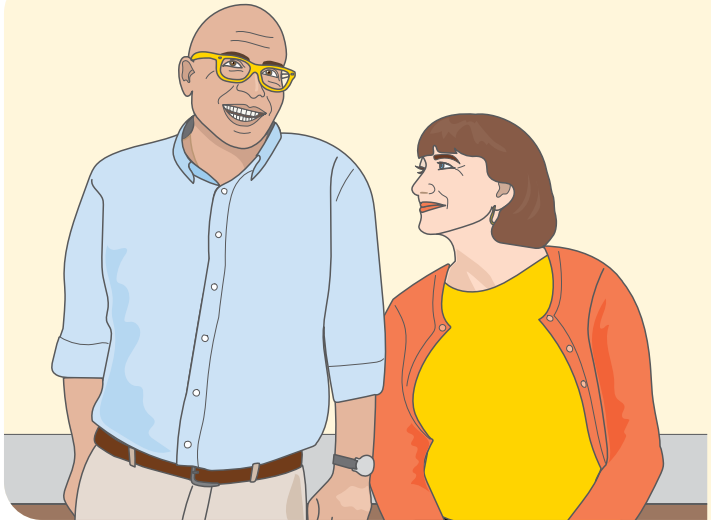


If you think you might be depressed, talk to your doctor.

Why talking can help



Talking can be hard.



But talking can help you:

- feel better
- feel supported.



There are many people you can talk to, like:

- family
- a friend
- your carer.

Talk to other people



You can talk to someone who had cancer. You can

- talk to 1 person
- join a group.

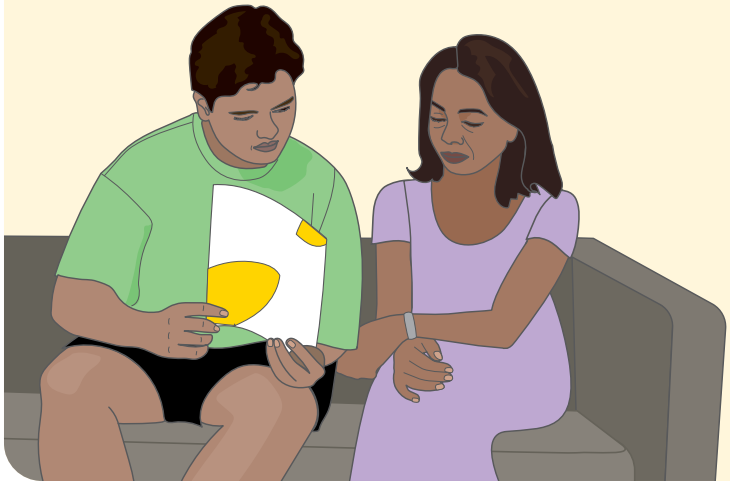


You can talk to a **counsellor** or **social worker**. They can listen and help you feel better.



Ask your doctor to help you find a counsellor or social worker.

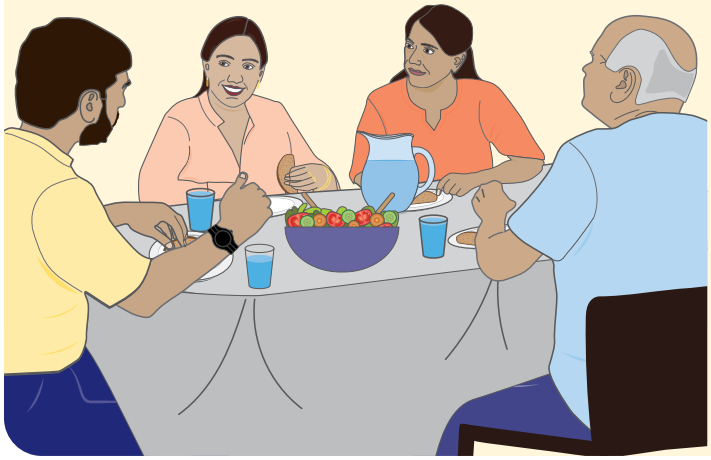
What you can do



Learn about cancer.



Move your body.



Spend time with family and friends.



Do things you enjoy
like listening to music,
cooking or gardening.



Eat healthy food.

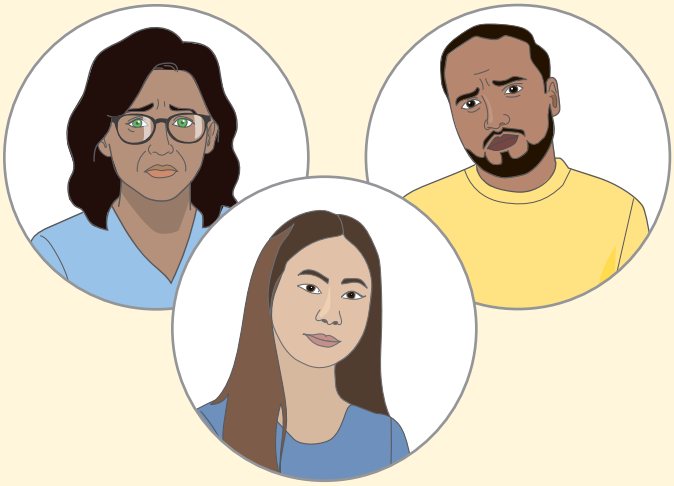


Meditate or pray.

For family, friends and carers



If you are caring for someone with cancer, you may have lots of different feelings too.



Caring can be rewarding, but it can also make you feel:

- stressed and worried
- angry
- lonely and sad.

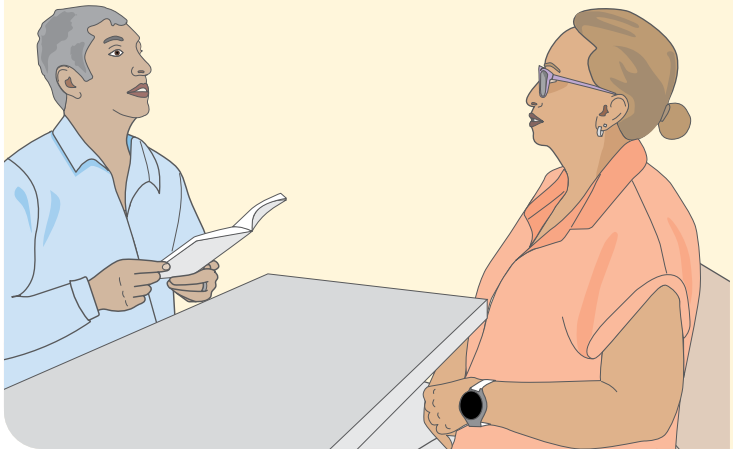


You can ask for help too. Call **Cancer Connect on 13 11 20** to find out about help for carers.

Where to get help



You can get help with your feelings in different ways.



You can talk to your doctor or nurse about seeing a:

- social worker
- counsellor.

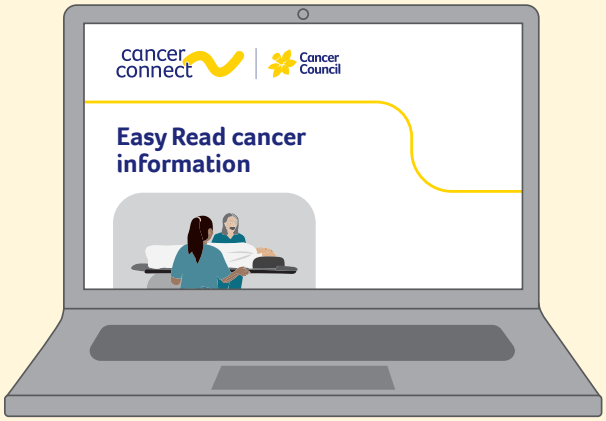


If your faith, culture or community is important to you, you can talk to someone from that group.

How Cancer Connect can help you



You can speak to us on the phone. We can help you find free cancer information and support. Call Cancer Connect on **13 11 20** Monday to Friday.



You can find fact sheets like this one at our website **connect.cancer.org.au/easy-read.**



We also have:

- booklets and fact sheets
- information in other languages.

Notes

You can call **Cancer Connect on 13 11 20** for information and support.

Visit the Cancer Connect website. We have information on cancer, treatment and support. Scan this QR code or go to **connect.cancer.org.au/easy-read.**

If you need information in a language other than English, an interpreting service is available. Call **131 450.**

If you are Deaf or find it hard to hear or speak to hearing people on the phone, you can contact us through the National Relay Service (NRS). **accesshub.gov.au**

Easy Read fact sheet: *Feelings and cancer*

This information was reviewed by health professionals, other experts, and people affected by cancer. To see a list of reviewers, visit our website **connect.cancer.org.au/easy-read.**

Words: Jenny Mothoneos. Design and illustrations: Caen Clasby, Eleonora Pelosi and Ali Wright, with support from Tracey Nearhos.

This fact sheet is part of a series of Easy Read resources. Cancer Council also has a longer booklet called *Emotions and Cancer*.

Note to reader

Always consult your doctor about matters that affect your health. This fact sheet is intended as a general introduction and is not a substitute for professional medical, legal or financial advice. Information about cancer is constantly being updated and revised by the medical and research communities. While all care is taken to ensure accuracy at the time of publication, Cancer Council Australia and its members exclude all liability for any injury, loss or damage incurred by use of or reliance on the information provided in this fact sheet.

This fact sheet is funded through the generosity of the people of Australia. To make a donation and help change the future of cancer, visit **cancerconnect.org.au** or call **13 11 20.**

Cancer Council acknowledges Traditional Custodians of Country throughout Australia and recognises the continuing connection to lands, waters and communities. We pay our respects to Aboriginal and Torres Strait Islander cultures and to Elders past and present.

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