

5 Things to Know About Managing Grief Before & After a Cancer Diagnosis

Many feelings and emotions may often arise during one's cancer journey, including grief, which can be defined as "keen mental suffering or distress over affliction or loss; sharp sorrow; painful regret." There are even five stages for understanding the grieving process, including denial, anger, bargaining, depression, and acceptance. Here are five ways to manage this feeling during and after your diagnosis:

1

Acknowledge your emotions

Allow yourself to feel all of the feelings that arise, whether it be sadness, anger, frustration, etc. Writing your feelings down on the page in a personal journal that you keep to yourself can be very cathartic.



2

Talk to others

Communicate your feelings with friends and family, including any care partners. Although they may not understand completely, having a listening ear can be helpful.



3

Do relaxing activities

Maintain some control over your feelings by focusing on activities that bring you joy, such as taking a walk, being in nature, or listening to music.



4

Make a routine out of your day

Stick to a routine that keeps your mind focused on one task at a time. Taking it day by day is sometimes what we need to feel our best.



5

Search for professional support

Grief can also be managed with the help of mental health professionals (i.e. grief counselors or therapists), as well as support groups led by a mental health professional.

