

# WHAT DOES IT MEAN TO LIVE WELL WITH CLL?

## Collaborate | Program Resource Guide

### Defining Living Well

**Living well with chronic lymphocytic leukemia (CLL)** means managing your CLL so that you can live a full, meaningful life. It involves understanding the disease, actively participating in care decisions, and adopting habits that promote physical, emotional, and social well-being.

#### Physical Health Advice

- **Stay informed** about your diagnosis, stage, and treatment options.
- **Get regular physical activity** to help with symptoms and to support your immune system.
- **Eat a well-balanced diet** and stay hydrated.
- **Prioritize rest.** Don't feel guilty about napping or getting the sleep you need.
- **Use sunscreen and wear protective clothing**, since CLL can increase your chances of developing skin cancer.
- **Continue regular checkups** with your primary care doctor to manage any other conditions.
- **Practice good hand hygiene.**
- **Stay up to date on your vaccinations** to protect against infections.
- **Communicate openly** and regularly with your healthcare team.

#### Emotional Health Advice

- **Acknowledge feelings** of anxiety, uncertainty, or frustration as normal responses/emotions.
- **Seek emotional/mental support** through counseling and/or peer support groups.
- **Practice stress-management** strategies, such as mindfulness, and relaxation exercises.
- **Maintain connections** with family, friends, and community to reduce isolation.
- **Visit patient advocacy organization** websites for educational materials, financial resources, and peer connection.
- Continue to **do things that bring you joy** and that make life fulfilling.
- **Plan for the future**, including discussing long-term care preferences.

### CLL Collaborate Resources

- **What You Should Know About CLL Clinical Trials**
- **Which Treatment Is Right for YOUR CLL?**
- **How Is CLL Treated?**
- **Understanding YOUR CLL Diagnosis**
- **Tools for Accessing Quality CLL Care**
- **Tips, Tools and Resources for CLL Care Partners**

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