

Coping with change



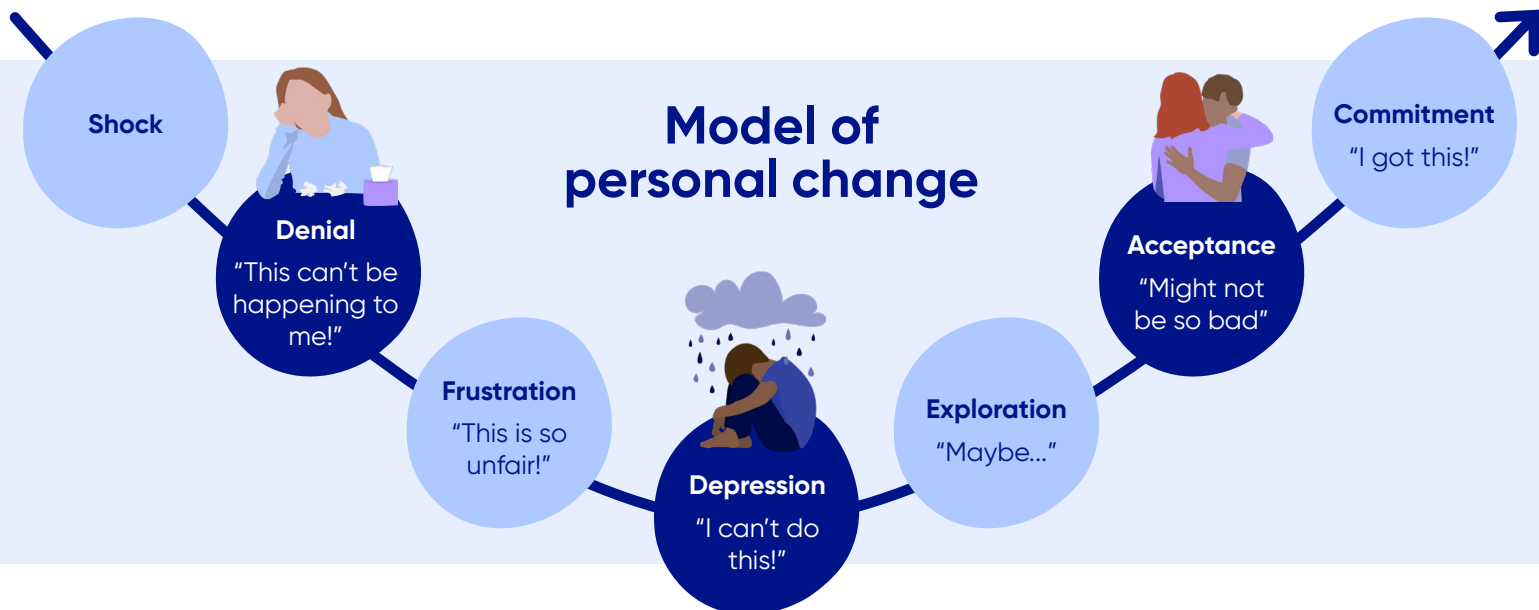
Change is the one constant in life that we can be certain of. Change in health, relationships, careers, homes, family and friends are all part of the human life cycle. The diagnosis of blood cancer brings about many changes that require time to adjust into.

Questions to ask yourself

- What changed for you after diagnosis?
- What adjustments have you had to make?
- What has helped in the past to manage change?
- Have you discovered anything about yourself through this?

Helpful hints and tips

- Understand what is within your control
- Prioritise what is most important to you
- Break activities into small manageable steps
- Set boundaries for yourself
- Ask for help
- Acknowledge change is hard



Resources

Click on each resource to follow the link

[Beyond the diagnosis: Exploring mental health and blood cancer](#)
Leukaemia Foundation

[Coping with a cancer diagnosis](#)
Cancer Council

[7 tips for dealing with change](#)
Reach Out



For more information, go to the Leukaemia Foundation website or call 1800 620 420.

Leukaemia Foundation