

How you see yourself



How you see yourself is a combination of your personality, abilities, appearance, interests, and relationships. Blood cancer and treatment can change how you see yourself. Adjusting to a new body and sense of self can be challenging.

Questions to consider:

- How has your diagnosis changed the way you see yourself?
- What have you learned about yourself that has surprised you?
- What has not changed that is essentially you?

Helpful hints and tips:

- **Acknowledge the changes.** It's normal for your body, energy, and emotions to feel different
- **Focus** on what has stayed the same
- **Stay connected.** Keep in touch with those who help remind you of who you are
- **Explore new aspects of yourself** that you've discovered e.g. courage, patience, or creativity
- **Take care of yourself**, with activities that remind you who you are
- **Look after your physical and mental health**, feeling different about yourself is normal. Talking to a health professional can help
- **Remain active.** Physical activity can help you feel more energetic. Social activity can shift the focus to something other than cancer

Don't let your struggle become your identity

Ralston Bowles

Resources

Click on each resource to follow the link

[Sexuality, intimacy and cancer](#)
[Leukaemia Foundation](#)

[Does cancer change who you are?](#)
[Reflections on identity](#)
[This is Living with Cancer](#)

[Between Two Kingdoms](#)
[Suleika Jaouad](#)

[LGBTQI+ People and Cancer](#)
[Cancer Council](#)



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