

Living with uncertainty



People with blood cancer often feel unsure about the future, even years after diagnosis. This can lead to worry or getting stuck in “what ifs.”

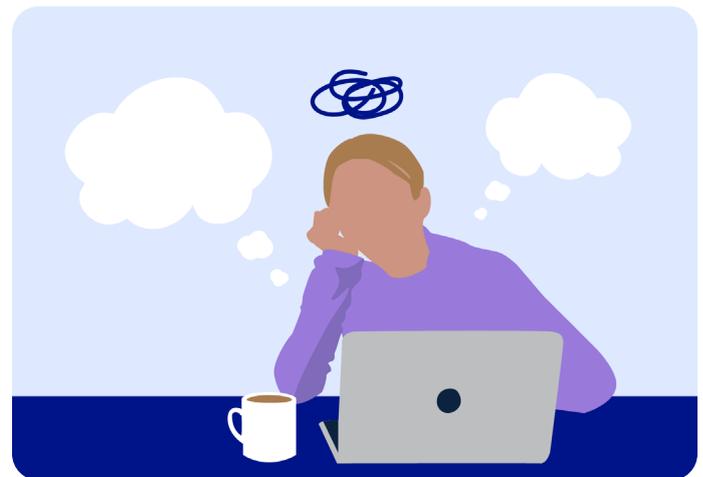
It is normal to feel in limbo when making big decisions about relationships, work, money, fertility, or travel.

Questions to consider:

- Are there times when you feel more out of control or unsure?
- How have you coped with uncertain times before?
- What do you notice about yourself when you feel scared or uncertain?

Helpful hints and tips:

- **Focus** on what you can control. Do small tasks that give you a sense of control
- **Move** your body. Regular activity can help you sleep better, think clearly, and gain confidence in your body again
- **Shift** your thinking. Notice what you value and what you can still do
- **Calm** your mind by doing something that absorbs you
- **Stay** connected and get support. Talk to someone you trust or seek professional help
- **Use** reliable information. Stick to reputable websites and limit how often you look things up
- **Check** your worries. Ask yourself, “How likely is this really?” instead of jumping to the wrong conclusion



Resources

Click on each resource to follow the link

[Webinars: Exploring emotions, blood cancer and you](#)
Leukaemia Foundation

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

[Insight Timer App](#)

[What is mindfulness?](#)
[Smiling mind](#)

