

Meaning and purpose after a blood cancer diagnosis



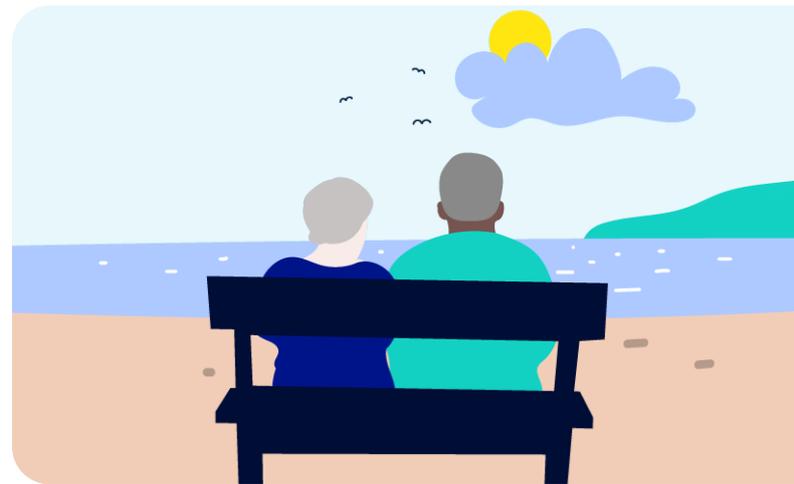
Blood cancer can raise many questions about the meaning and purpose of life. It can change your view of yourself and lead to big questions. Research has found having meaning and purpose increases your quality of life, including your physical and emotional health.

A few questions to ask yourself:

- How has blood cancer challenged or changed you?
- What is missing from how I spend my time?
- What are some of the things I'm proud of in my life?
- What gives me purpose each day?

Helpful hints and tips:

- Keep a journal, use pictures / drawings / record thoughts or events / moments of joy
- Explore creative outlets such as art or photography or music
- Spend time in quiet thought or meditation
- Enjoy nature
- Connect with others
- Help others
- Move your body
- Try something new
- Be intentional in how you spend your time



'He who has a why to live for can bear almost any how.'

Nietzsche

Resources

Click on each resource to follow the link

[Meaning and purpose after a blood cancer diagnosis](#)
Leukaemia Foundation

[Creating meaning in the face of blood cancer](#)
Leukaemia Foundation

[Brené Brown's 10 Guideposts for Wholehearted Living](#)
Mindful Ambition



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