

Surviving and thriving with blood cancer



A blood cancer diagnosis can turn life upside down, bringing uncertainty, new challenges, and big emotions. Many people find that with the right support, information, and care, it's possible to rebuild life in a way that feels meaningful, connected, and hopeful.

Survivorship means living with and beyond blood cancer—from diagnosis through all stages of life.

Survivorship includes the physical, emotional, and practical challenges that can follow treatment, relapse, or long term care. It also affects family, friends, and caregivers.

Questions to consider:

- What does thriving look like for me?
- Who are the people, activities, and routines that support my health?
- What helps me get back on track after a tough day?
- How has my perspective on health, relationships, or daily life shifted?
- Where do I want to focus my energy and time?

Helpful hints and tips:

- **Reflect** on your goals and priorities
- **Pace** yourself and protect your energy, to avoid feeling overwhelmed or exhausted
- **Focus** on what's in your control e.g. small, manageable tasks that create structure and calm
- **Listen** to your body and any changes
- **Seek** support early
- **Clear your mind** through meditation and mindfulness
- **Manage your overall health** with nourishing food, exercise and sleep
- **Celebrate** small wins to build confidence and hope

To be well now is to learn to accept whatever body and mind I currently have.

Suleika Jaouad

Resources

Click on each resource to follow the link

[Survivorship](#)
[Leukaemia Foundation](#)

[Living well after cancer](#)
[Cancer Council](#)

[Australian Cancer Survivorship Centre](#)
[Peter MacCallum Cancer Centre](#)

[Facing Forward: Life After Cancer Treatment](#)
[National Cancer Institute](#)



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