

COMMON emotions experienced by cancer patients



Anger – you may feel angry that this is happening to you, that you don't deserve this and that it isn't fair



Depression/sadness – you may feel sad or hopeless and find yourself tearful or crying very often



Guilt – you might feel guilty about putting your loved ones through a difficult time because of your cancer or feel like your cancer might be a punishment for something



Anxiety/Worry – you may be worried about whether you will be able to continue to work, about who will take care of your family while you are sick, about whether the treatment will work or not and many other things



Fear – you may be scared of the treatment you need to go through, you may be afraid of the possibility of dying

All of these are normal emotions to experience when dealing with cancer but they are difficult to deal with alone. Find a friend or family member to talk to about your feelings or contact **CANSA's free Tele Counselling service: 0800 22 66 22 | info@cansa.org.za**



Toll Free 0800 22 66 22 | www.cansa.org.za



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