

## Emotional Support for Breast Cancer Patients

Breast cancer has a variety of side effects. Emotional pain can be one of the worst side effects of breast cancer and no woman should face it alone.

For some, knowing what's going on with the body helps them cope. It can ease some of the anxiety associated with breast cancer.

Cancer is the result of a mutation in the genes responsible for the growth and health of the cells of the body. This abnormality can occur anywhere in the body and create cancerous cells. These cells multiply at an uncontrolled rate and they can form tumors.

Here are a few ways to help manage some of the many emotions you may be experiencing.

1. Don't Isolate Yourself

A variety of emotions can overwhelm you at anytime after a positive diagnosis. Fear, grief, and anger are only a few. Some also experience depression. It's important that you don't isolate yourself, especially immediately after. Alone time can be useful but it's important not to withdraw even when you want to. These negative emotions can become too overwhelming and increase emotional stress.

2. It is okay to ask for help.

This may be a time of vulnerability. Perhaps there are things that you aren't able to do because of medication or from the influx of emotions. It is okay to ask for help. Rely on your friends and family. If you need help taking your kids to school or picking up your medication, ask. You have a lot of love and support around you and you don't have to be afraid or ashamed to ask. Your loved ones are there to support you in anyway you need.

3. Remember you aren't alone.

You may feel like you are alone or that there is no one who can relate to you. This can increase emotional stress. You may also feel as if you are stuck and can't seem to see any options. Find a support group and talk with others who understand the struggles of breast cancer. Being surrounded by those who understand first hand can lessen the emotional burden. Sharing your own story can also provide a sense of empowerment.

4. Remember it's okay to feel whatever you feel.

No one can tell you how to feel. It's okay to feel afraid or angry. It's okay to experience grief. It's okay to not be positive or to shout or to cry. One thing you don't want is to have whatever you're feeling consume you. Talking with a professional can help you deal with all of the many emotions you're experiencing.

Being diagnosed with breast cancer is not an easy journey. It can be difficult to function and get through the day. Remember that there are options and there is support around you. Take care of yourself and remember that you are not your diagnosis. You are strong, beautiful, and capable.