

Coping with a Loved One's Cancer Diagnosis

When a parent has cancer, you are torn between helping your parent and staying focused on the demands of college. Being concerned about your parent and staying connected with the people and activities that you care about may seem like an emotional marathon. So how do you strike a balance when your parent's cancer is always on your mind?

- ❖ **Pace yourself.** While you may see yourself as strong and independent, you are not superhuman. Acknowledge your limitations and know that it's okay to ask for help when you are carrying so much on your shoulders.
- ❖ **Self-care is crucial.** Don't ignore your own needs. Good nutrition and physical activity help you cope with your stress.
- ❖ **Talk it over with someone you can safely share your feelings with.** Having someone hear your story helps clarify thoughts and helps you work your way through difficult feelings.

Resources for students grieving the illness of a loved one:

http://www.cancercare.org/patients_and_survivors

<http://www.studentsofamf.org>

<http://www.cancer.org>

<https://twitter.com/NationalAMF>

www.facebook.com/studentsofamf

Columbia College Counseling Services, Mimi Meriwether:
786-3856

Chaplain, Rev. Roy Mitchell: 786-3177

