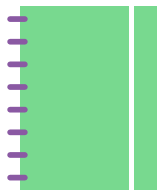


Four steps to take care of your emotional needs



Acknowledge
your feelings



Find support




Take control



Focus on
your health

Acknowledge your feelings



- It is normal to have a range of different emotions when you receive a diagnosis of advanced breast cancer (aBC), also referred to as metastatic breast cancer (mBC). These can be difficult to cope with.¹
- Different people react differently in this situation and there is no right or wrong way to feel – you will cope with things in your own way.¹
- You may feel some, all or none of the following emotions, which are totally normal, but if they persist or get worse over time, you should talk to your healthcare team (your doctor or nurse specialist):¹
 - Fear
 - Shock or denial
 - Sadness
 - Anger
 - Guilt or blame
 - Feeling alone
- You might have specific concerns for yourself and those close to you, and that's OK. Some questions you may have are:²
 - Will I lose my independence and/or freedom?
 - Will people treat me differently?
 - What changes will I have to make to my lifestyle?
 - Will I lose my job?
 - What about money?
 - Will I die?



Find support

- You might not feel like talking to anyone about your cancer, but talking to someone about how you feel can help you to process your emotions, and could be the first step in helping you feel more in control. Talking about things can make you feel supported and help you make the right decisions for yourself.²
- You might want to talk to someone you know well, like your partner, or a friend or family member.²
- You may find it easier to talk to someone you do not know well, such as your doctor, a GP or specialist nurse.²
- If spirituality and prayer are important to you, you may find comfort in talking to members of your religion or a spiritual leader.^{1,2}
- Your doctor or nurse may be able to refer you to a psychologist or counsellor, who can help you.²
- Cancer charities such as **Macmillan Cancer Support** and **Breast Cancer Now** offer support for people who are in a similar situation to you, both physically and emotionally. You can find out more about the support they can offer you by visiting their websites following the links at the end of this document.
- Self-help groups and online forums may also be helpful, as you can read stories from and interact with other people who are going through similar things to you.²



Take control

- Learning about aBC (also referred to as mBC) and treatment can help you understand your cancer and help you make the best decisions. Having the correct information can help when you have conversations with your cancer doctor (oncologist), or with family, friends or work colleagues.²
- Since receiving your diagnosis, you may have started to think differently about your life and your priorities may have changed. Some people make big changes to their lives, such as quitting or changing their job, whilst other people might start a new hobby. Doing something new and exciting may help you feel better and more in control.²
- Some people find that it helps to set small goals for themselves and build them up slowly. Even if your goal is simply to get up and walk a very short distance outside and back, or to call a friend for a chat – it's a start and a big achievement when you're feeling anxious and not in control.³
- Congratulate yourself for all the tasks you manage to do each day. Feeling better takes time.³



Focus on your health

- There are things you can do to improve your general well-being, which can make you feel more in control of what is happening to you. You may find that doing the following things helps to keep you in control emotionally:²
 - **Eating well** – Eating well and keeping at a healthy weight will help you maintain your strength, have more energy and increase your sense of well-being.
 - **Being physically active** – this can reduce tiredness and some side effects of your treatment, it can reduce anxiety and/or depression, lift your mood and quality of life, keep your muscles, joints and bones strong, improve your heart health and reduce the risk of some other problems.
 - **Getting enough sleep** – Most people need approximately 8 hours of good-quality sleep a night. There are some things you can do to try and improve your sleep, if you're not getting enough, such as going to bed and getting up at the same time every day, increasing your physical activity and avoiding drinks that contain caffeine or alcohol in the evening.
- **Trying not to drink too much** – Alcohol is linked with an increased risk for cancer and it can cause weight gain. Following sensible drinking guidelines is best for your overall health.
- **Avoiding recreational drugs** – Recreational drugs can affect your health and relationships and could change the effect of your treatment. Talk to your doctor or nurse if you are worried about this or if you need any support, you can contact **Macmillan Cancer Support** or **Breast Cancer Now** via the links below.

Visit these websites for advice on making decisions about work, taking time off and information on financial and emotional support:

**BREAST
CANCER
NOW** The research
& care charity

At Breast Cancer Now we're here for anyone affected by breast cancer. Our breast cancer nurses, expertly trained staff and volunteers, and award-winning information make sure you can get the support you need to help you live well with the physical and emotional impact of breast cancer.

For breast cancer care, support and information, call us free on **0808 800 6000** or visit www.breastcancernow.org

**MACMILLAN
CANCER SUPPORT**

We're here to help everyone living with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you.

For information, support or just someone to talk to, call **0808 808 0000** or visit www.macmillan.org.uk

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. See yellowcard.mhra.gov.uk for how to report side effects.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at yellowcard.mhra.gov.uk.

By reporting side effects you can help provide more information on the safety of this medicine.

References

1. Macmillan Cancer Support. Cancer and your emotions. Available at: <https://www.macmillan.org.uk/cancer-information-and-support/treatment/coping-with-treatment/cancer-and-your-emotions> (Accessed November 2021).
2. Macmillan Cancer Support. How are you feeling? The emotional effects of cancer. Available at: <https://cdn.macmillan.org.uk/dfsmedia/1a6f23537f7f4519bb0cf14c45b2a629/769-source/mac11593e05nhow-ar> (Accessed November 2021).
3. National Cancer Institute. Coping with Cancer. Available at: <https://www.cancer.gov/about-cancer/coping/day-to-day/daily-routine> (Accessed November 2021).