FOR CAREGIVERS:
Emotional Support

Caring for someone with advanced breast cancer (ABC) is an emotional journey, but you are not alone. There are several resources to help you cope with the emotional and physical stress of taking care of someone with ABC.

HELP YOUR LOVED ONE:
Some people living with ABC feel isolated from the broader breast cancer community, which may make coping with the diagnosis harder. It’s important to understand:

- Simply listening and understanding their emotions can go a long way
- Some people with ABC can and do live active and fulfilling lives
- Staying positive is important to quality of life
- There are resources and support dedicated to people living with ABC. More information is available here

HELP YOURSELF:

- Take time for you with the power of journaling
- If you’re not the pen and paper type, consider downloading a mobile app such as My Cancer Manager for emotional support, education and hope
- Learn how to manage your stress
- Make healthy eating easier
- Understand the importance of exercise for caregivers
- Gain strength through sleep
- Consider speaking with a counselor, psychologist or other mental health professional to discuss your thoughts and feelings
- Locate an in-person caregiver support community near you:
  » Cancer Support Community
  » American Cancer Society
  » SHARE
- Join a caregiver support group online:
  » Cancer Support Community
  » American Cancer Society
- Join a phone caregiver support group:
  » CancerCare