Living with Cancer: A Delicate Imbalance

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Living with Cancer: A Delicate Imbalance

• What other smart people have already said:

  – “There is some good that can emerge” (Stacey Kramer)
  – “It is important to be defiant” (Ananda Jayant)
  – “You must redefine and re-create ability” (Roger Ebert)
  – “You must maintain dignity” (Timothy Ihrig)
  – “You can’t let it define you” (Debra Jarvis)

Good advice (mostly), but not the insights I had after I was diagnosed with Stage IV Lung Cancer.
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**Beware**
*Energy Drains*

**Take Care**
*Energy Gains*
Living with Cancer: A Delicate Imbalance

- Turn Down The Volume
- Say what’s right, not what’s right to say
- You’re not alone, but almost
- The virtue of selfishness
- Give Yourself a Hug

You’re not alone, but almost
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Turn Down The Volume

Say what’s right, not what’s right to say

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Take Care (Energy Gains)

Beware (Energy Drains)
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- Turn Down The Volume
  - ...at least on unnecessary stuff
  - Obsession + Volatility = Exhaustion
  - Resilience is now a key priority

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- Understand subtle but important differences between personal truth and social appropriateness
  - E.g., “I’m doing my best” vs. “I’m fine”; “It’s a bit of a tough day” vs. “Making good progress”
- It is draining to pretend to be OK
- Create opportunities for personal truth and authenticity
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- Recognize that you may be now ‘Out of Sync’ with your circle
- Relationships will and must change
- How do you create a New Sync? (Accept, Embrace, Recalibrate)
- How do you accept Aloneness?
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- Ask for what you need
- Assume loved ones don’t know unless you **tell** them
- Free them from the ‘What can I do?’ futility
- Doing this helps you AND them

You’re not alone, but almost


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- APPRECIATE who you are
- IDENTIFY what you uniquely have to offer
- ENGAGE with how you’ll ‘be’ and where you’ll focus (What would be missed?)
- Oh, and let others hug you, too

Turn Down The

Give Yourself a Hug

The virtue of selfishness
Self Care

alone, but almost

It’s not right
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Bonus Insight

Turn Down

Watch Out For The Undertow

Give Yourself A Hug

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Self Care

What’s right, not right to say
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Bonus Insight #2

Where did everybody go?

- Turn Down
- Give Yourself a Hug
- The virtue of selfishness
- You’re not alone, but almost
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- Self Care
- The virtue of selfishness
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Bonus Insight #3

Chapter and Verse: Get ready.

Turn Down

You're not alone, but almost

Giving Yourself a Hug

The virtue of selfishness

Self Care

What's right, not what's right to say
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