

Wings of Hope Cancer Support Center
Recipe for the Survivor Journey: Life After Cancer

A diagnosis of cancer changes your life in an instant. The unique challenges you have faced are physical, mental, emotional, social and spiritual . You may not have had time while “fighting” cancer to process these life changes. As your active treatment draws to a close, some feel relief and a sense of accomplishment that this stage of the cancer journey is complete. You may also feel a **sense of loss** and **vulnerability**. For many, end of treatment has a new set of challenges — processing your emotions and adjusting to life after cancer.

Ingredients for surviving & thriving:

Accept the Reality
Experience the pain

Find the new normal
Plan a future

Steps for the journey:

1. **Accept the Reality:** It is important that we allow ourselves to realize that our life **is** changing, and that change brings many feelings.

At Wings of Hope, we meet you exactly where you are on your journey. We accept your experiences and feelings . . . and affirm you, just as you are.

2. **Experience the Pain:** These life changes involve LOSS, and loss brings PAIN. We may have avoided our painful feelings during treatment, but at the end of treatment we have the opportunity to explore these feelings.

At Wings of Hope, we listen and provide support to individuals at a time that it may be difficult to find good listeners.

3. **Find the New Normal:** We quickly discover that there’s no going back to the way things were: our lives and ourselves have changed.

*At Wings, we teach and provide tools to assist you in staying healthy and exploring your feelings.
We allow each individual to find those things that best help them heal.*

4. **Plan a Future:** Our fourth step in the journey is looking ahead — discovering what is most important and making life plans.

At Wings of Hope, we assist you to identify your values and build a life that has meaning for you.

Wings of Hope has staff that have walked the walk, and programming to support you as you continue your own journey.

Please contact us. www.wingsofhope.org 712/325-8970

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