

When you're caring for someone with cancer, it's normal to put everything into helping your loved one cope and managing his or her treatment. But don't forget to take care of your own physical and emotional well-being.

Not sure where to begin? You don't have to do it alone. In addition to your health care team, you can find support in many places. Think about people in your community, family members, and friends who can help. This is your Care Circle. Look at the following descriptions, then write the name of the first person who comes to mind. Remember that one person may be able to help in more than one way.



TEAM CAPTAIN

You're the center of care, the minder of medicines, and the primary protector for your loved one. You may not be able to change the situation or how it affects your household, but it's important to take a step back and remind others that you still need help.



HOUSEHOLD HELPER

This person knows what it takes to keep a household going. Whether you need help with meals or laundry, picking up prescriptions, or walking the dog, your Household Helper can step up to share the workload so you don't have to do it alone.



COMPASSION COORDINATOR

This person can be counted on to be there for you as you sort through your feelings. He or she reminds you that a warm bath, meditation, or a good book can go a long way to boost your spirits in the midst of challenges.



PHYSICAL EDUCATION PAL

An exercise buddy can encourage you to take a quick walk, get outside for some fresh air, stretch, or get a "mini workout" each day. You can count on this person to help keep you moving, even when you don't feel like it, and to make sure you get the many benefits of exercise—like reducing your stress.



LOYAL LISTENER

This person knows that sometimes the best way to show he or she cares is to listen without judgment. They can provide a safe, nurturing environment for you to vent. Even when there are no answers, this person uses understanding to help you open up about what you're feeling.



LAUGHTER LIAISON

This person reminds you that laughter can help melt away your stress. He or she can help you find humor in tough times, invite you to watch a funny movie, and come up with ways to break the tension.

Find Support in Your Circle

Identifying the people in your Care Circle is important, but it's also good to plan ahead so you know who you can lean on for help or for relaxation time. Use the following activity to help you get started, so you'll have an easier time finding the support you need when you need it.



Take Some Time for You

Take a few moments to think about whom in your Care Circle you could schedule a relaxing activity with in the next week or two. Meeting with your Compassion Coordinator for a cup of tea or going to a movie with your Laughter Liaison are two possibilities. Putting something on your calendar helps make sure you're setting aside some time for yourself.

CARE CIRCLE MEMBER	ACTIVITY	DATE	TIME
			: AM PM
			: AM PM
			: AM PM
			: AM PM



Get a Little Help From Your Friends

Now take a few moments to think about whom in your Care Circle you could ask for help with errands, housework, or even walking your dog when you're busy. Sometimes it can be hard to ask for a hand, but that's what friends are for—and often people feel good about being able to make a difference. Having this list ready can help make it easier to know who to ask for help when you need it.

CARE CIRCLE MEMBER	HOW HE OR SHE CAN HELP

