



Brittney's Loved Ones Guide to help you "FEEL IT" or provide a "PEP TALK"

To help you through times of fear.

Brittney and her caregiver/fiancé have established 2 agreed upon ways he provides support, comfort and love through asking what kind of support is best in each situation. It starts with a question: "Do you want to **Feel It** or do you need a **Pep Talk**?"



FEEL IT



It can all be overwhelming, the weight of cancer, survival, the treatment journey and everything in-between. You can feel fear, panic, sadness, pain, confusion and grief and many of these emotions all at the same time.

Brittney has identified that sometimes she needs to **Feel It**, first and let those emotions, as hard as they are process and release. What works best for Brittney when she is in this space is for her partner to sit with her holding her hand while she feels what she needs to. Moving through emotions and all the information that is swirling in her head.

A caregiver can be an ear that listens, by being close, sitting beside someone, holding a hand you can be comforting while providing some space to allow the person you are caring for to process and feel.

Your caregiver does not try to cheer you up in this moment but instead supports you. The comfort comes from being close, showing love and support by listening without words, being close, hand holding, giving a hug, sitting beside you. Visualize that support as though it is loving energy that is flowing into you.

Sometimes you cannot move so quickly out of sadness, fear, anger or hurt, you need to sit in it, feel it. Give yourself grace as you process and move through your emotions and find resilience to move out of fear or to connect that fear you have to a greater emotion full of love, faith and purpose.

PEP TALK



When I need a pep talk, my caregiver and fiancé is my biggest cheerleader! He reminds me of the big picture, my resilience, the love that is around me.

Having caregiver support to keep your faith and reflect with gratitude, love and appreciation for all that makes life worth living. A caregiver can support you to be resilient, be grounded in faith, love, gratitude and to feel supported and connected to family and the community that surrounds you. A pep talk can include health literacy, understanding your medical information and building up your self-advocacy and personal empowerment.

As long as there is blood pumping through your veins, air that flows through your lungs, you are alive! A caregiver can remind you that you are living and breathing, that you are resilient and together you can ground down in faith, hope and love. Focus on healing and moving through the obstacles and challenges that cancer brings to your lives. When a caregiver tells you that you can get through this, that they will be right here by your side, through it all, when they tell you that you are loved, it can be life's best medicine.

Having someone love you, ground you and to remind you of the big picture not only in your treatment journey but also in life. Someone to talk with about anything and everything that is on your mind, this is support, caregiving and personal growth. Transformation can happen even when in crisis or when in living with and through cancer.

Sometimes, talking about life beyond what is in this physical world and what our wishes are as we transition can be part of a pep talk as we are all humans and the beginning of life can be as beautiful and humbling as the transition we will all one day make to the next chapter and what new beginnings will be awaiting.

It was a game changer when my caregiver started asking me if I wanted to **Feel It** or get a **Pep Talk**. When I was in a **"Feel It"** mood and my caregiver tried to cheer me up, it would annoy me because I wasn't ready to feel better yet. There are also times where I need a reminder that I can get through this because at the moment it feels like I can't. That's when I need my **"Pep Talk"** cheerleader to come in, I want to move past that fear, become energized, empowered and ready to take on any challenge.

I am a woman of PEP, but I have recognized that we all have times when pep is not what we need, and we need to take time to feel it. Having a caregiver that asks me what I need and is able to adjust to what I need in a loving way is everything.

I am Brittney Beattle and I am here in this world to spread LOVE. Healing, Gratitude, Empowerment and Growth is my focus. I hope this is helpful for you and your caregiver, whoever that person is, as you work together in navigating the challenging world of cancer.

