



# You Can Thrive While Navigating Advanced Cancer

## 4 WAYS TO BUILD YOUR RESILIENCE

### ○ Power of Choice

Our mind will automatically take us to a place of fear when facing a life-limiting illness, but rather than staying “stuck” in that emotion, repeatedly choosing to focus on how you want to live well with cancer can be empowering, even if challenging.



### ○ Acknowledge

While almost counterintuitive, it is important to acknowledge the hard stuff; the challenge, the pain, the big and small losses, and the difficult feelings that often accompany advanced cancer.

### ○ Self-Compassion

Offer yourself compassion, kindness, and acceptance, in the face of challenges and suffering. Approach yourself with the kindness and love you offer a close friend. Lovingly honoring the challenge can create space to explore what you want more of and what is most important to you.



### ○ Values-Directed Living

Invite yourself to explore what matters most to you—your values. Here is a description of an exercise to help you do that. After identifying your values, encourage yourself to make choices to act in alignment with, and in service to, your personal values. This can help you connect to a sense of meaning and purpose.

