

WHAT YOU SHOULD KNOW AS A **CANCER CAREGIVER**

Get help for yourself:

- Take care of yourself – it's not an act of selfishness
- Know your rights! Talk to your employer about flexible options
- Get emotional support from support groups and individual counseling
- Ensure that your mental and physical health is being prioritized

Get help for your loved one:

- Ask friends and family for help through MyCancerCircle.net
- Explore home health care
- Maintain open communication with your loved one about their needs and wants
- Become informed: learn about your loved one's condition

Practice self-care:

- Learn to say no – if you feel like you're doing too much, you probably are
- Prioritize what needs to get done as well as enjoyable activities
- Don't ignore your own wellness appointments
- Practice mindfulness



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