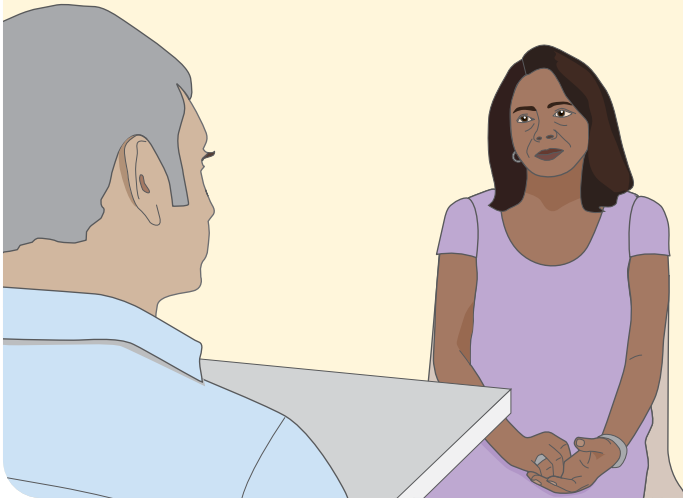


# Feelings and cancer



**Visit our website: [cancercouncil.com.au/easy-read](https://cancercouncil.com.au/easy-read)**

# Introduction



This information is about how you might feel when you have cancer.

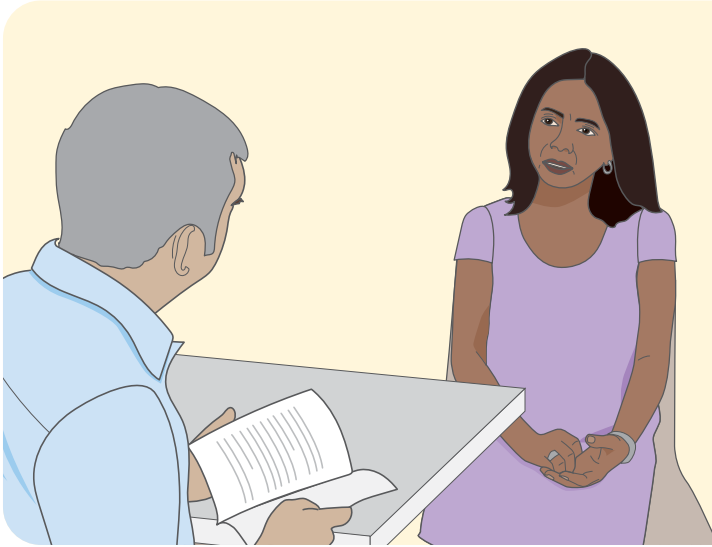


You can ask someone for help to read this information.

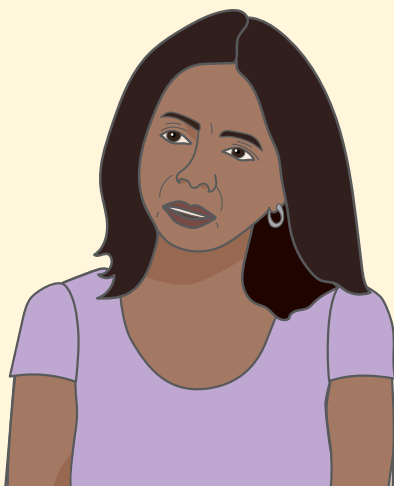


You may have many different feelings. This is okay. Your feelings can change every day.

# Feeling shocked



Being told you have cancer can be a shock.

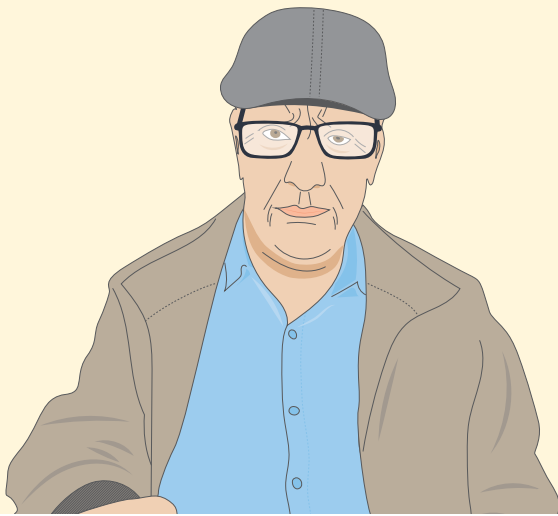


You might find it hard to believe.



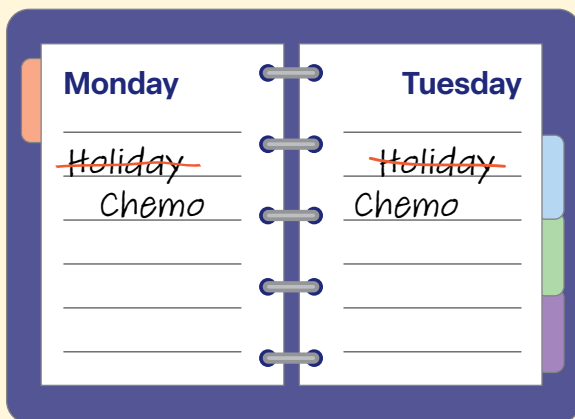
You might not understand words the doctor uses.

# Feeling angry



You may feel angry because having cancer:

- does not feel fair



- changes your plans



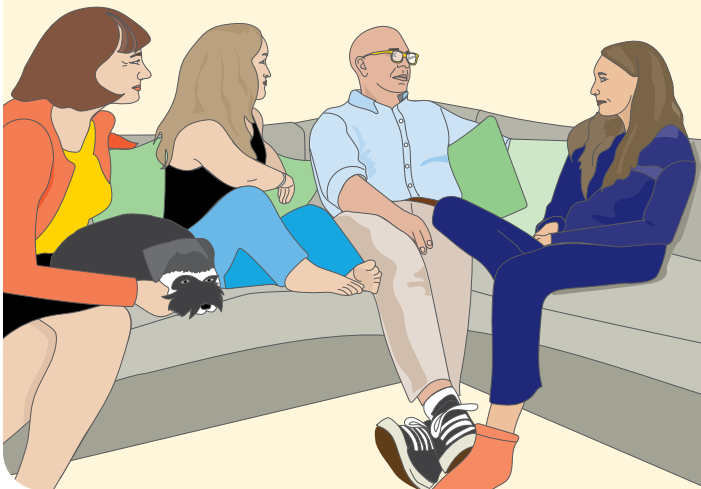
- changes you.

# Feeling guilty



You may feel guilty because:

- you think it is your fault



- your family is upset



- people have to take care of you.

# Feeling scared and worried



You may be worried about:

- pain



- feeling sick

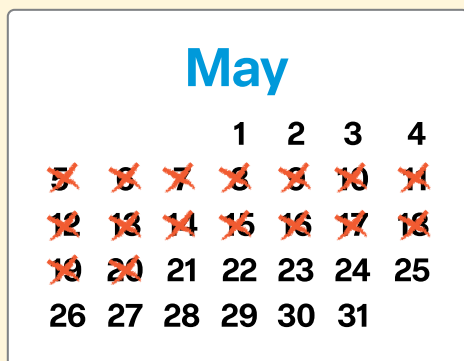


- not getting better.

# Feeling sad



Having cancer can make you feel sad.

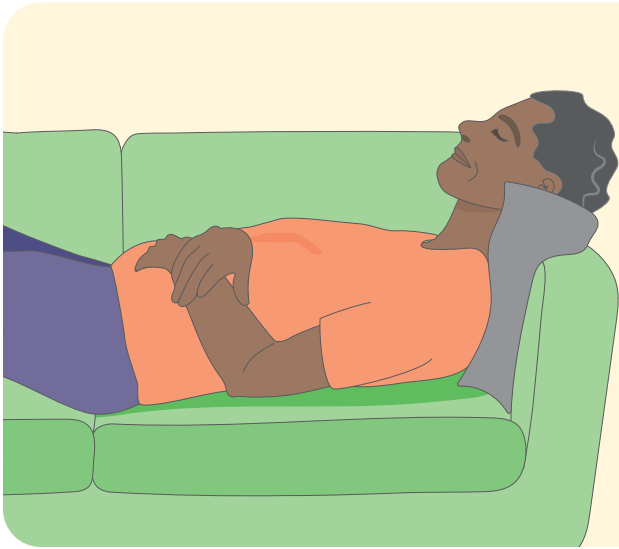


Feeling sad for more than 2 weeks is called **depression**.



Being depressed means you may:

- not want to do things you used to enjoy, like hobbies



- sleep a lot or have trouble sleeping



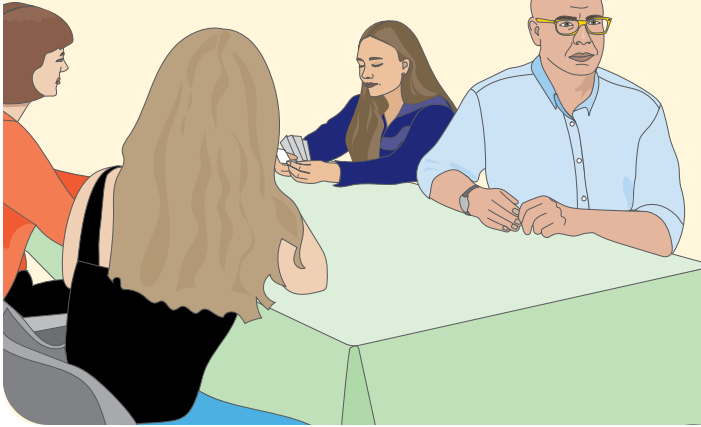
- cry a lot



- not want to eat, or eat more than usual



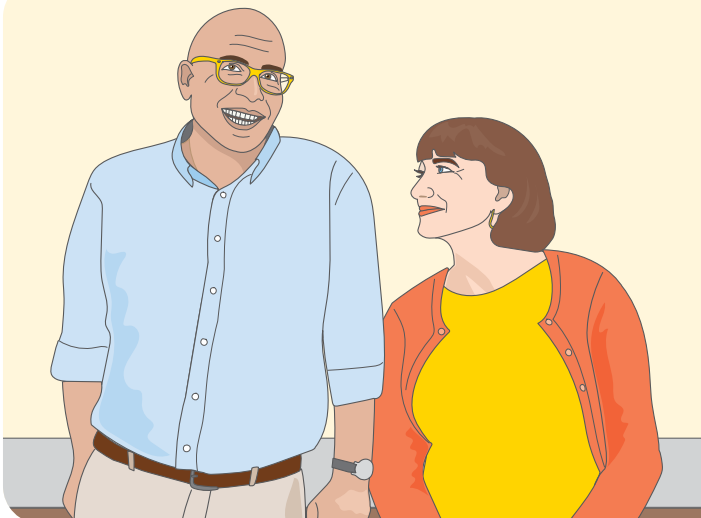
# Why talking can help



Talking about cancer can be hard. But talking can help you:

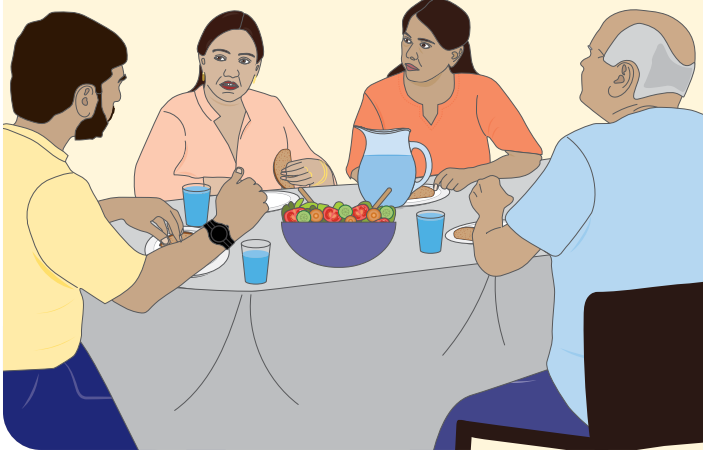


- feel better



- feel supported.

# Who to talk to about cancer

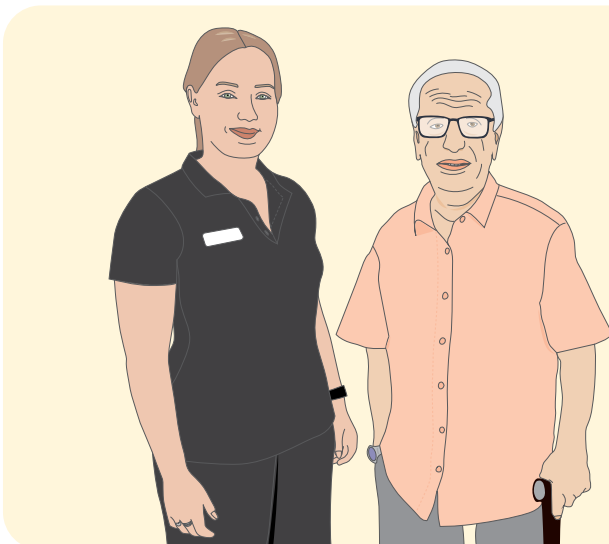


There are many people you can talk to, like:

- family

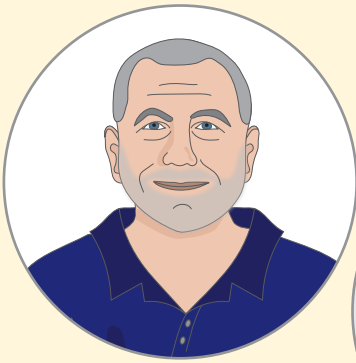


- a friend



- your carer or someone else who supports you.

# Talk to other people



You can talk to someone who had cancer. You can

- talk to 1 person
- join a group.



You can talk to a **counsellor**. A counsellor can listen and help you feel better.



Ask your doctor to help you find a counsellor.

# What you can do



Learn about cancer.



Move your body.



Talk to family and friends.



Do things you enjoy  
like listening to music,  
cooking or gardening.



Eat healthy food.

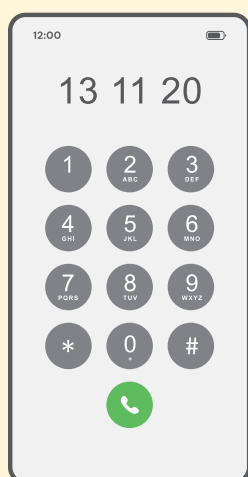


Meditate or pray.

# How Cancer Council can help you



You can find fact sheets like this one at our website [cancercouncil.com.au/easy-read](https://cancercouncil.com.au/easy-read).



You can speak to a Cancer Council health professional for free on the phone. Call **13 11 20** Monday to Friday.



You can read information in other languages.



Scan this QR code for information on cancer, treatment and support.



You can also call Cancer Council **13 11 20** for information and support.



If you need information in a language other than English, an interpreting service is available. Call **131 450**.



If you are deaf, or have a hearing or speech impairment, you can contact us through the National Relay Service. **accesshub.gov.au**

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### Easy Read fact sheet: *Feelings and cancer*

This information was reviewed by health professionals, other experts, and people affected by cancer. To see a list of reviewers, visit our website **cancercouncil.com.au/easy-read**.

Words: Jenny Mothoneos. Design and illustrations: Eleonora Pelosi and Ali Wright, with support from Tracey Nearhos.

This fact sheet is part of a series of Easy Read resources. Cancer Council also has a longer booklet called *Emotions and Cancer*.

### Note to reader

Always consult your doctor about matters that affect your health. This fact sheet is intended as a general introduction and is not a substitute for professional medical, legal or financial advice. Information about cancer is constantly being updated and revised by the medical and research communities. While all care is taken to ensure accuracy at the time of publication, Cancer Council Australia and its members exclude all liability for any injury, loss or damage incurred by use of or reliance on the information provided in this fact sheet.

This fact sheet is funded through the generosity of a Perpetual IMPACT grant. To make a donation to help fund vital cancer research and support services, visit **cancercouncil.com.au** or phone **1300 780 113**.



*Cancer Council NSW acknowledges Traditional Custodians of Country and recognises the continuing connection to lands, waters and communities. We pay our respects to Aboriginal and Torres Strait Islander cultures and to Elders past and present.*