

4 out of 10 caregivers rate the emotional stress of caregiving as extremely high.

Many feelings come up when you are taking care of someone with lung cancer. Some of these feelings are experienced right away and some don't surface until you have been caregiving for a while. Going through a variety of emotions is typical. Below are some tips on how to cope with the range of emotions you may experience.

Keep a Journal

Like many caregivers, you will likely have to cope with many different feelings as you care for your loved one. You may feel anger, worry, fear, frustration, grief, guilt, helplessness and resentment, as well as positive feelings like a sense of accomplishment. Keeping a journal is a healthy way to make sense of your emotions and express yourself.

Get Support

Talking with other caregivers can help you feel less alone. You can ask your loved one's healthcare team about support groups that meet nearby, contact your local **American Cancer Society** chapter for support groups in your area, or look online at CancerCare®'s **Help for Cancer Caregivers**. If you want a 1:1 personal connection, the **LUNgevity LifeLine Program** can match you with a volunteer who is a current or previous lung cancer caregiver via phone or e-mail.

Connect Online

Your schedule may not allow you to attend in-person support groups or you may prefer to connect with other caregivers on the Internet. LUNgevity has an **online message board** with a forum just for caregivers.

Seek Help

When feelings of depression or anxiety become more constant and begin to affect your ability to provide care for your loved one or yourself, it may be time to seek professional assistance from a social worker, psychologist, or psychiatrist. You can ask your primary care physician for a recommendation.

Lean on Friends

Opening up and sharing what you are going through with a trusted friend may help you get things off your chest and feel better. Sometimes, just being around friends or participating in social activities to take your mind off things may help too.



The "Your Journey Together" Program was created by Celgene Corporation in collaboration with LUNgevity Foundation for caregivers of people with lung cancer. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your loved one's healthcare team for questions you have about managing your loved one's condition.

