



Coping with cancer can be difficult but there is help and support available. Find out about the emotional, physical and practical effects of cancer and how to manage them here. We understand that now more than ever, there will be people in our community that need advice on how to manage the current crisis and their cancer journey.



Coping physically

Find out about managing cancer symptoms and possible side effects from cancer treatment. There is information about pain, sickness, diet problems and much more. Research has shown that exercise is safe, possible and helpful for many people with cancer.



Different ways to be physically active

Being physically active means any movement that uses your muscles and more energy than when you're resting. Being physically active doesn't have to mean joining a gym or an exercise class. It can also be walking to the shops, walking up the stairs, gardening or dancing.

Guidelines

It is difficult to write exercise guidelines to cover everyone. Everyone is different in terms of how much exercise they can do. And there are many types of cancer and treatments. In general, if you have cancer, you should check with your doctor before starting any exercise.

International guidelines say that it is safe to be active during cancer treatment and after. Also, people with cancer should try to be active and get back to their normal activities as soon as possible.

The UK government and the World Cancer Research Fund (WCRF) have suggestions to help prevent cancer and other conditions. They say that all adults should try to do at least one of the following ways of exercising:

- 150 minutes of moderate intensity activity per week; for example, 30 minutes 5 times per week
- 75 minutes of vigorous activity per week

All adults should also try and build strength twice a week; for example, weight training or yoga.

Remember that everyone is different and exercise needs to be tailored to you. Take into account your fitness, diagnosis, and other factors that could affect safety.



Coping emotionally

Having cancer can be very hard to cope with. When you are trying to cope with an illness there is no right or wrong way to feel. Everyone is different and you will deal with things in your own way. There is information here about some of the emotions you may have, who you can talk to and how you can help yourself.

After a diagnosis of cancer you might have a range of feelings including fear, sadness, anxiety and depression. Read about how to manage these feelings using the below link:

<https://www.cancerresearchuk.org/about-cancer/coping/emotionally/cancer-and-your-emotions>



Coping practically

Get information on coping with practical matters such as money and travel, as well as how you can help yourself and where to get support.

You might need some care and support at home due to cancer or its treatment. A lot of practical and emotional support is available to you.



GP and nursing support

Contact your GP for help with any medical problems that come up when you're at home. They can also make referrals to nursing services for you. There are different types of nursing services.



Cancer Research UK nurses

For support and information, you can call the Cancer Research UK information nurses on freephone 0808 800 4040, from 9am to 5pm, Monday to Friday. They can give advice about who can help you and what kind of support is available.

Go to the information about treatment to find more general information about the side effects of treatment.

<https://www.cancerresearchuk.org/about-cancer/coping/physically>

<https://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment>

Covid-19:

We know that this is an especially worrying time for people with cancer and their family and friends. There is separate information about coronavirus and cancer. Please find this information by following the below link to the CRUK page:

<https://www.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer>