



**Meeting the needs of people living with
cancer with FREE support services &
educational programs**

www.cancerlifeline.org

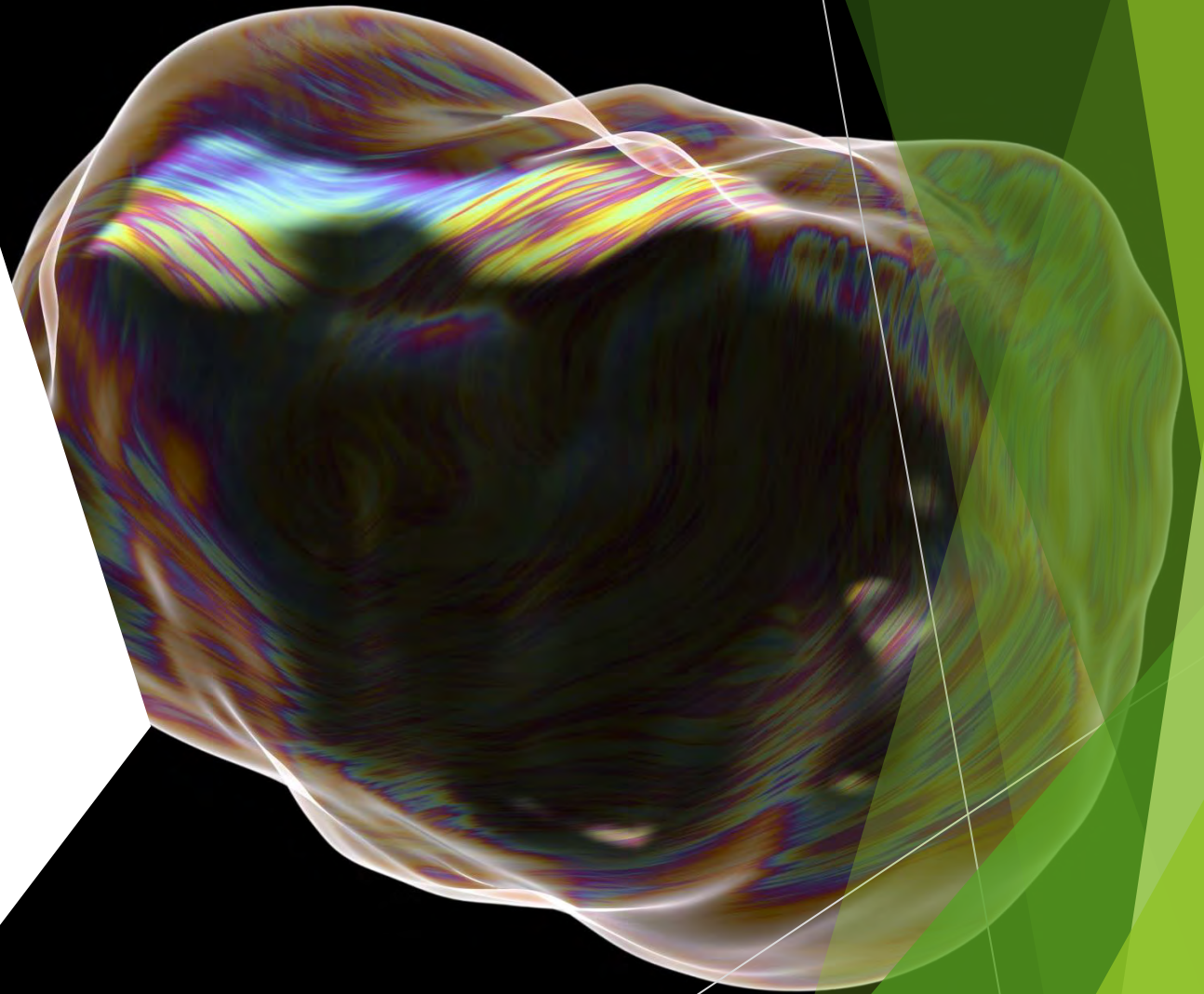
Cancer Lifeline
Mission

To Optimize the
Quality of Life
for All People
Living with Cancer

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The creative process itself, i.e., its unfolding, extending, opening and spreading of encounter, of finding forms, is the source of healing.

Stitelman (2017)



Exploring Artful Ways of Navigating the Holidays: An Arts-Based Creative Self- Preservation Kit

Ideas About What to include:

- ▶ Consider attending to all of your senses, i.e., sight, smell, taste, touch, and sound
- ▶ Consider including something to represent breath and remind you to breathe
- ▶ If it calls to you, include things that reference the elements of our earth for their grounding and balancing qualities, i.e., earth, air, fire, water
- ▶ What are things that remind you of people, places, or situations in which you feel comfortable or calm?
- ▶ Are there special items that are nostalgic or that represent important times in your life that help you to feel empowerment?



Movement. Emotional memories are believed to be stored in the body, with the limbic part of the brain considered the emotional brain. Dance and movement are beginning to be connected to not only finding those repositories of memory in the body but in releasing the emotional energy of these memories. Recent advances in neuroscience are helping to form an understanding of how the brain and polyvagal system work when a traumatic experience occurs and are also offering many clues on how to teach the body to self-regulate in response to emotional triggers of past experiences.



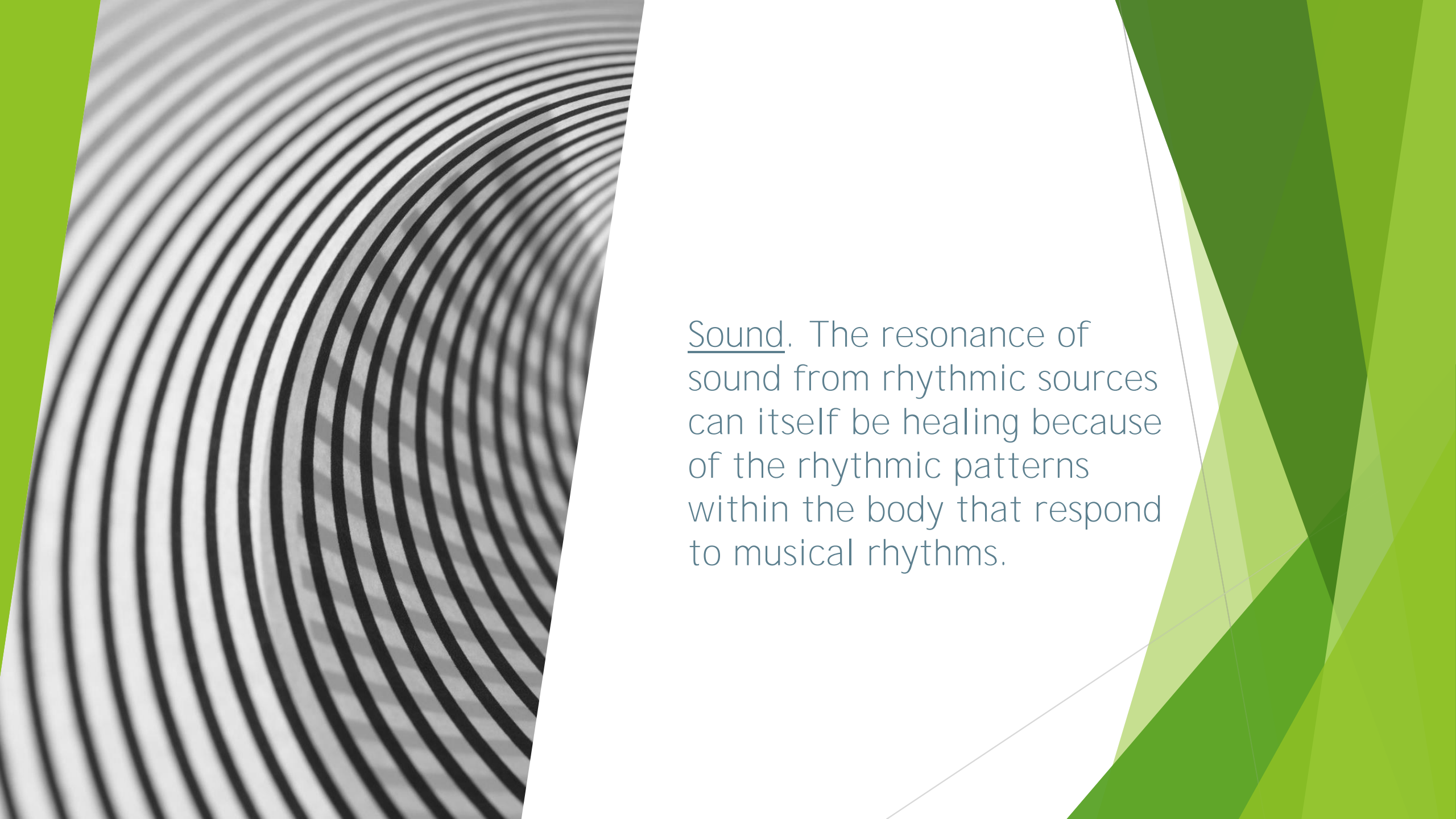
Creative Writing. Forms of written expression can allow one to set something down on paper instead of holding it inside, and this alone can promote healing, making the knowledge that has been held inside become external to the person. Sharing stories in community can deepen this sense, with the power of witnessing and the **community's holding of the stories**.





Drama

The dramatic arts can be used to make issues and challenges external, enhancing what we can see and understand through various forms of enacting them, like role playing the many parts of a whole issue or challenge. Acting out what is happening within can change perspective or offer new insights about desired change.



Sound. The resonance of sound from rhythmic sources can itself be healing because of the rhythmic patterns within the body that respond to musical rhythms.

Visual Art and Images.
Engaging with images in a variety of forms of visual art can support working through difficult emotions, slowing down time to **connect with one's** inner resources and knowing, and allowing the metaphors from images that apply to **one's life support new** understandings.





The Emotional Side Effects of Treatment & Beyond & Artful Strategies for Responding

Change and fracture to social relationships: adopt an **investigative reporter's mindset** towards inspecting which relationships are accepting and nourishing and focus building on those foundations.

Self-identity changes connected **to seeing oneself as a "cancer patient" in need of ongoing help:** whenever treatment side effects ease, step into the independence that is available, explore new strengths post-treatment.

Fears and anxieties about treatment and recurrence can surface at any time: develop self-soothing practices that offer nervous system regulation and increase polyvagal tone.

Social pressure can encourage **"putting on a happy face" and "being positive":** Name all feelings, whether uncomfortable or comfortable, and reduce the value judgment attached to certain feelings being good or bad.

When treatment ends, there can be an immediate loss of connection to the oncology team that supported you through grueling times: Create your own closing ritual and voiced goodbyes, marking the transition **rather than "moving on" quickly.**

Documenting hard-won lessons learned and growth in resilience: engage in art-making processes that allow a comprehensive self-assessment of personal growth and resilience in a tangible form.



The Long Road to Physical Recovery can be a “Late Effect” to Emotional Healing

- Go slowly to recondition the mind, body, and heart
- Avoid seeking a destination to the “way things used to be,” looking towards the horizon of the “way things can be,” adopting a possibility mindset
- Recognize that there may be some correlation between the length and type of treatment and the length of recovery and healing, to help set realistic expectations



Holidays can bring up many ways of relating to the world when seen through the lens of the cancer experience for self or loved one. Some ways to support yourself in deciding what is right for you this year:

- ▶ Reflect on the good things that happened despite illness-related challenges
- ▶ Allow for the making of resolutions that are encouraging and invite possibilities
- ▶ Rejoice in ways that honor where you are now and the people and experiences that have given you a sense of gratitude along the way





Provided
20,852
points of service

to those impacted by a cancer diagnosis through support group meetings, informational classes, and more

Over
800
classes offered
including Covid and cancer-specific programming

8,000
individuals served

Over 8,000 patients, survivors, caregivers, and family members

Offered
26 Professionally-facilitated Support Groups
each month and delivered over

300
support group meetings

Provided direct financial assistance to

1,042 low-income cancer patients

by distributing \$468,900 in financial assistance funds to ensure patients can take care of rent, electricity, co-pays, and groceries so they can stay in treatment

SERVICES CANCER LIFELINE PROVIDES

Telephone Lifeline & Lifeline Chat

- Monday-Friday (PST) 9am-5pm
- Help register clients for classes and give referrals to other cancer related resources
- Offer emotional support & cancer related resources cancer related issues including anxiety, isolation, stress, grief, transitions, family stressors

Family Meetings

- Available for families, parents, & couples
- Offer communication strategies & tools to better manage cancer challenges

Counseling Services

- No cost mental health counseling
- Referral to therapists in the community who specialize in cancer support

Professionally Led Trainings

- Cancer Support Group Facilitators
- Employers supporting cancer in the workplace
- Active Listening for professionals supporting people living with cancer

CANCER
LIFELINE
CONTACT
INFORMATION

6522 FREMONT AVENUE NORTH
SEATTLE WA 98103

TELEPHONE LIFELINE & LIFELINE CHAT
M-F 9am-5pm (PST)

(206)-297-2500 or 1-800-255-5505

ADMINISTRATIVE LINE (206)-297-2100

FINANCIAL ASSISTANCE LINE (206)-832-1282

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