



Psychosocial Challenges that may be experienced by Patients and Caregivers:

- Trouble coping with having cancer
 - Feeling apart from family and friends
 - Changes in how a family gets along and works together
 - Problems with making decisions
 - Concern about not being able to do what you enjoy
 - Problems working or going back to work
 - Worries about money
-
- Stress about making choices about care
 - Problems talking about how you are feeling
 - Changes in how you feel about your body and sexual self
 - Grief
 - Fear of the cancer coming back
 - Fear of death and dying
 - Concerns about being able to provide good care for a person with cancer

- Some people have more specific [mood changes](#), such as anxiety, depression and distress.
- If you need help, there are teams of experts available who understand how cancer affects a person and their loved ones.
- It is normal to need some extra help when you're dealing with cancer. In fact, studies show that people with cancer who have social and resource support report better quality of life. But many people who could benefit from support services don't use them because they don't know about them or don't know how to find them.



Psychosocial support can include counseling, education, spiritual support, group support, and other services. These services may be provided by psychiatrists, psychologists, social workers, psychiatric clinical nurse specialists or nurse practitioners, licensed counselors, or pastoral counselors. They can help you deal with personal issues and refer you to other types of support if needed.

- Think about the kinds of problems you have, how much your emotions bother you, and how you have coped in the past. This will help you decide which services can best help you.
 - You should also talk to your cancer care team about any psychosocial problems you are having, so they can help you find the right support.
-



One-on-one counseling might be a good option if your feelings are keeping you from doing your normal activities. In counseling, you can talk with a trained professional about your worries and concerns. Having cancer or having a loved one with cancer is a different experience for each person. Individual counseling gives you a chance to focus on your own feelings and concerns.

One-on-one counseling can help you:

- Focus on what you are most bothered by
- Learn ways to cope with your cancer and changes in your life
- Deal with symptoms from your cancer and treatment
- Figure out how to handle changes, such as end of treatment or if your cancer comes back
- Figure out how best to deal with family issues
- Deal with strong feelings
- Talk about your concerns about intimacy and sexuality



Couples or family counseling may be a healthy option as well – This may help a couple or family figure out what problems they are having by hearing from each other, and better understanding family member perspectives . Learning why you or your family members act in certain ways are key to dealing with it. A counselor can offer guidance and assistance in family communication - to improve how they express feelings and help resolve conflicts. This can help the family come up with ideas about how they can better work and interact together. A win -win for everyone!

Some people may also join group counseling. People who have the same kinds of concerns meet to share what they have been going through and support each other. Groups are led by a counselor and have more structure than a support group.

Counseling, either one-on-one or group, may also be helpful for children or caregivers of a person with cancer.



The National Leiomyosarcoma Foundation offers **Patient-Driven / Caregiver-Driven Group discussions** regarding shared experiences, tips to cope, and much more in terms of better understanding.

Patients relating to patients, who have the same kinds of concerns, meeting to share what they have been going through and support each other, is a way to build individual resilience and strength in the coping journey of the diagnosis and treatment pathway.

Invited special guest speakers share their expertise on psychosocial topics during group discussions at times as well.



THE LMS LIFE LINE “BUDDY PROGRAM” - One on One Patient or Caregiver MATCH UP

PROGRAM: Connect with someone who understands what you're going through. Our informal buddy program pairs you with another patient or caregiver who has experienced similar challenges. . Sign up for personalized mentoring support: provide your profile for a close match up and send to: annieachee@aol.com.

Reach out to our **24/7 LMS LIFELINE SUPPORT HOTLINE:** Annie Achee - at 303 808-3437 or annieachee@aol.com.