

Your Activities

Many teens with cancer find they can continue the activities they like to do.

About Your Friends

You are the same person you were before you were diagnosed with cancer. While you might worry what others will think, your good friends will stick by you.



Your friends might not know what to say. Or, they may wonder how to talk with you about your illness. Tell your friends how they can help. Teens tell us that their friends often are a great support to them during this time.



You can still:

- * participate in sports,
- * play your instruments,
- * hang out with friends,
- * do things you like to do.

Sometimes having cancer may limit some of your activities. We will work hard with you to keep your life as normal as possible.



Teen Pack

Take Good Care Packs

are filled with activities to encourage

- * **Comfort**
- * **Communication**
- * **Expression**
- * **Stress Reduction**

We are sorry that you have cancer. Sometimes it is difficult to come to the hospital for treatment. We want to help make it as easy as possible for you.

The pack has a variety of things in it. This booklet will give you some tips for coping. The journal can be used to write down your feelings, or keep track of your questions. Try to find a more creative way to use your journal! Some of the things in here are just for fun. There is a gift certificate for music or a book - just for you!

We will take very good care of you. We know that your family and friends are there for you, too. Please tell us if there is anything we can do to help you during your treatment.



Tips for teens coping with cancer

Why a gift certificate?

Listening to music or reading might be something you do to relax or unwind.

So, we decided to let you pick out the thing that would be relaxing or comforting to you.

Enjoy it!

Feelings

How did you feel when you heard the words "You have cancer"? You might feel sad, numb, confused, worried, angry or scared. Your feelings can change from day to day. There is no right or wrong way to feel. It is helpful to talk about your feelings with someone you trust. A friend, your parents, a school counselor, or the people taking care of you at the hospital are good choices.

Ask Questions.

Ask questions about your cancer or treatment. There is no such thing as a silly or dumb question. Ask your doctors and nurses. They will answer any of your questions. Use the journal to keep track of your questions. When you go back to school or see your friends, they may have questions for you, too. Answering other people's questions can be hard. Most of the time, others will ask because they care about how you are doing.



What About School?

School is important. It helps you to have a routine. As long as you are feeling OK, you can go to school. One of the nurses at the hospital can talk with the nurse at your school about your cancer treatment. That way, if you are not feeling well at school, you can be comfortable talking with the school nurse.

School Re-entry Program

We have a program where someone from the hospital, can go to your school and talk with your teachers and students about your cancer and treatment. Some teens find that this makes it easier when they return to school. The choice is yours. We will only do this if you want us to. If you are not feeling well enough to go back to school right away, your school will make arrangements to have a tutor come to your house.