



LIVING ONE DAY AT A TIME

Embrace today! It is a gift. Living one day at a time and living each day to the fullest helps women to enjoy their life after breast cancer. Living one day at a time also helps to decrease feeling uncertain over the future. If you live in fear of what the future may hold, it will rob you of the joy of today. If you spend your time worrying about cancer coming back, you have lost today. By focusing on each day and meeting the challenges and joy each day brings, you can cope better and with fewer feelings of stress, anxiety, and fears. Here are some tips to help you think on living more fully one day at a time.

- Set specific and realistic goals for each day. Try to keep short lists rather than long ones. Crossing things off the list will give you a good feeling.
- Think about your routines and habits before you had breast cancer. Decide how and when you wish to re-start old routines. Decide how and when you wish to begin new habits or routines.
- Take time to pause each day to enjoy yourself, your family, and your friends.
- Take a few minutes each day to appreciate what is in your home, environment, or setting.
- Start a “Gratitude List” or a “Heck Yeah!” of what you are grateful for or you’ve accomplished each day. Think about all that you can do now that you could not do during treatment!
- Take a few minutes each day to read an uplifting or inspiring quote, verse, or passage.
- Identify and accept the things that you do not have power to control in your life and let go of feelings of not being in control.
- Ask for help when you need it. Do not wait till your unmet needs are overflowing. A lot of time women take everything upon themselves. An important part of life is having people around that can help and support you.
- Keep a journal of any thoughts, feelings, emotions. (See our Tip on Journaling)



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- Talk and share with someone you trust – your spouse, family members, or friends.
- Talk to others who have had breast cancer who can help you get another view on life after cancer.
- Set major goals and decide what is important in your life. List short-term and long-term goals and their importance. Think about how realistic these goals are. Identify what you need to do so you can meet your goals. Identify other resources to help reach or keep the goals.
- Plan to survive.
- Keep a close eye on your health. Don't be overly concerned, it's stressful and a waste of energy. Know that by following your doctor's schedule for check-ups, you're doing everything you can!
- Keep accurate health records. This is a real good thing to do if you tend to move or change doctors a lot. Many times health records are electronic, but keeping a record of your doctor's names, what your treatments and medications are/were, can be helpful.
- Keep regular contact with your doctors and nurses. Go for check-ups at the regularly scheduled times.
- Learn about the tests and procedures. Find out why they are being done.

When Do You Need To Seek Help?

If your anxiety and fears about the future keep you from doing things you used to enjoy, think about seeing a counselor or going to a support group.

Useful Websites:

- <http://www.positivityblog.com/index.php/2007/05/09/top-5-tips-for-living-a-more-positive-life/>.
- <https://www.verywell.com/top-fun-ways-to-live-longer-2223953>
- <http://www.pickthebrain.com/blog/14-timeless-ways-to-live-a-happy-life/>



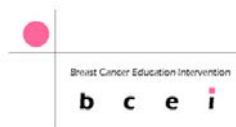
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- <http://www.knowcancer.com/blog/40-ways-to-live-a-happy-life/>
- <http://www.positivityblog.com/index.php/2011/05/31/happier-today/>



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