

SHARSHERET

Take Control: Navigating the Emotional Roller Coaster of Cancer

Tuesday, February 2nd

To listen to the presentation by phone,

Dial: 800-895-0198

Code: SHARSHERET



SHARSHERET

WELCOME

Shera Dubitsky, MEd, MA
Director of Navigation and
Support Services
Sharsheret



For audio, Dial: 800-895-0198, Code: SHARSHERET

THANK YOU

This program is made possible
with generous support from
Julius and Emmy Hamburger Memorial Fund

For audio, Dial: 800-895-0198, Code: SHARSHERET



OUR MISSION

Sharsheret is a national not-for-profit organization supporting young Jewish women and their families facing breast cancer. Our mission is to offer a community of support to women, of all Jewish backgrounds, diagnosed with breast cancer or at increased genetic risk, by fostering culturally-relevant individualized connections with networks of peers, health professionals, and related resources.

For audio, Dial: 800-895-0198, Code: SHARSHERET



COMMONALITIES

Genetics

Culture

Spirituality

Values



Holidays

Dating

Marriage

Community

NAVIGATING YOUR EMOTIONS

NEWLY DIAGNOSED AND IN TREATMENT

Karen E. Hurley, PhD
Licensed Clinical
Psychologist
Hereditary Cancer Risk

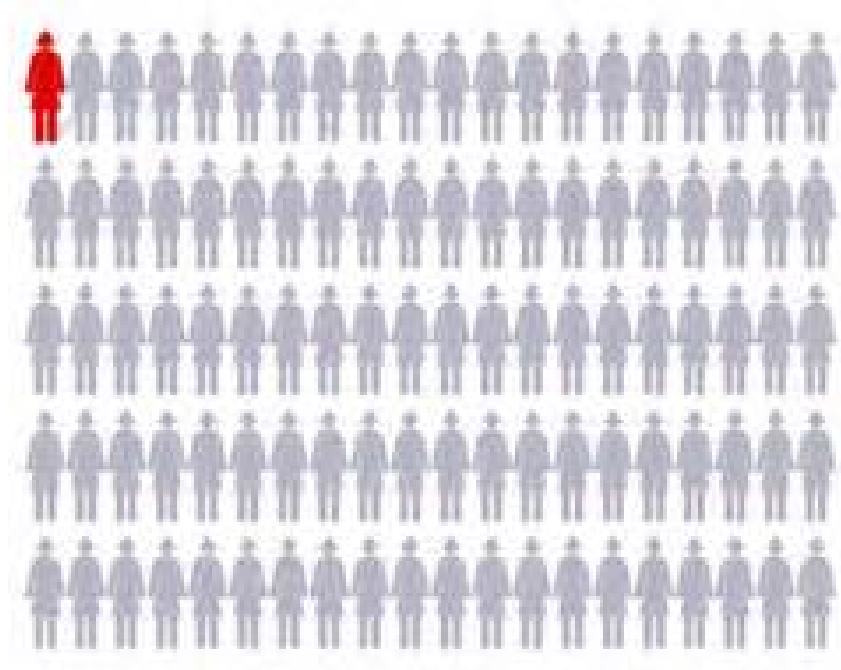


For audio, Dial: 800-895-0198, Code: SHARSHERET



For audio, Dial: 800-895-0198, Code: SHARSHERET

When you're the one...



Other strains on mood

- Hassles
- Shifting roles
- Medications

The “C” word

Control

Cancer illuminates the limits of
control we have over our lives

Battle mind

- Common coping mechanism for getting through surgery or treatment
- “Get it done” mentality regardless of how you feel or the long-term cost



Worrying about worry

- People who worry often have beliefs about worry:
 - “Worrying helps me cope”
 - “Worrying is dangerous”
- Ironically, both positive and negative beliefs about worry make people more anxious and depressed

Cook et al., Health Psychology, 2015

De-centering

- Seeing thoughts as passing events
- A key ingredient to anxiety management techniques such as:
 - Mindfulness meditation
 - Cognitive-behavioral therapy
- “Lifting up off the thought”

Hayes-Skelton & Graham, Behav Cogn Psychother, 2013

Matisse

“By the time he made this picture, Matisse was over 80 and too ill to paint. So he came up with a new technique [cutting up] colored paper...he called this “drawing with scissors.” With his assistant’s help, the shapes were then arranged and glued down. This method is known as collage, from *colle*, the French word for glue.”



Rosie Dickens, *The Children's Book of Art*

Jayla's (age 9) list of what you could or couldn't do if you broke your arm:

Can't do

- "Cook as well (it would be hard)
- Paint walls
- Play
- Move the arm
- Go swing
- Hang stuff up
- Any sport"



Can do

- "You could pour water in a cup
- You could walk
- You could still paint stuff but different
- Color
- Use your phone
- Take a picture
- Write
- Read a book"



“Mis-imagining the unimaginable”

- Focusing illusion: what we can't do takes up all attention; what's still possible is out of focus
- Underestimating adaptation: Not able to imagine learning to live with something if you have to

Ubel, Health Psych, 2005

Adjusting your quality of life

- Re-prioritize:
 - What's important to you now?
- Re-calibrate:
 - What's your measure of a good day?
- Re-define:
 - How do you define “quality of life” today?
- Re-focus:
 - What **can** you do? What's going well?

Rapkin & Schwartz, Health QOL Outcomes, 2004



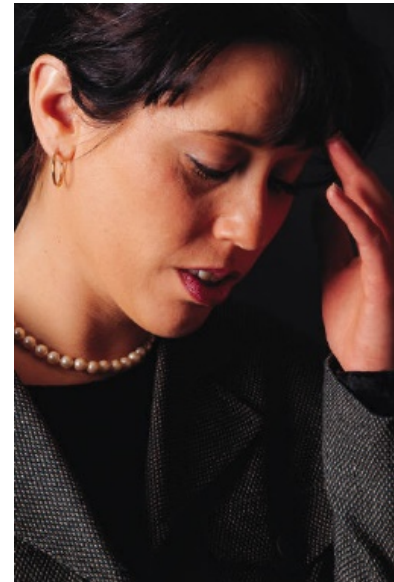
For audio, Dial: 800-895-0198, Code: SHARSHERET

Techniques for shifting perspective

- Mindfulness (meditation, yoga)
- Reappraisal (cognitive-behavioral therapy)
- Exercise
- Expressive writing
- Social support

Social support

- Find at least one neutral person who can listen without judging
- Those who do not confide at risk for prolonged distress



Food for thought

- What image do you use to express your experience of cancer – roller coaster, battle, or something else?
- To what extent does your image:
 - Speak your truth?
 - Empower you?
 - Comfort you?
 - Connect you with others?

Hurley, Women & Therapy, 2014

More food for thought

- What are your beliefs about worry?
- What is your relationship to your worried self?

Positive Paradox

- Maintaining compassionate attention to all emotions, even negative ones



NAVIGATING YOUR EMOTIONS

SURVIVORSHIP

Shera Dubitsky, MEd, MA
Director of Navigation and
Support Services



For audio, Dial: 800-895-0198, Code: SHARSHERET

ARE YOU DONE? IT'S MY TURN!



For audio, Dial: 800-895-0198, Code: SHARSHERET

PRETTY BOX WITH A PINK RIBBON



For audio, Dial: 800-895-0198, Code: SHARSHERET

LOOKS ARE DECEIVING



For audio, Dial: 800-895-0198, Code: SHARSHERET

EMOTIONAL DNA



For audio, Dial: 800-895-0198, Code: SHARSHERET

CANCER GLASSES



For audio, Dial: 800-895-0198, Code: SHARSHERET

LOST...



For audio, Dial: 800-895-0198, Code: SHARSHERET

...AND FOUND



**Look What I Found
Outside My Box!**

For audio, Dial: 800-895-0198, Code: SHARSHERET



WHAT'S NEXT?



For audio, Dial: 800-895-0198, Code: SHARSHERET

VOLUME CONTROL



For audio, Dial: 800-895-0198, Code: SHARSHERET

EMBRACE YOUR TRIGGERS



For audio, Dial: 800-895-0198, Code: SHARSHERET

NOT EVERYTHING IS ABOUT CANCER



For audio, Dial: 800-895-0198, Code: SHARSHERET

EXPLORE YOUR OPTIONS



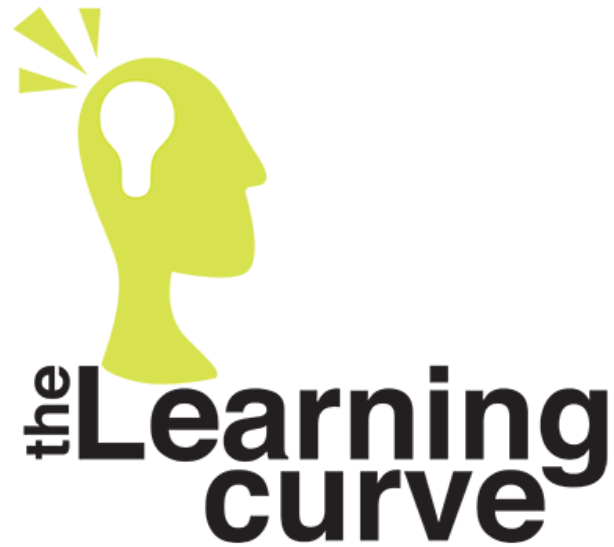
For audio, Dial: 800-895-0198, Code: SHARSHERET

FIND YOUR VOICE



For audio, Dial: 800-895-0198, Code: SHARSHERET

TAKEAWAYS



For audio, Dial: 800-895-0198, Code: SHARSHERET

THRIVING AGAIN



For audio, Dial: 800-895-0198, Code: SHARSHERET

PERSONAL STORY

Abbie, a Sharsheret cancer survivor, shares her personal story about navigating the emotional impact of cancer.

For audio, Dial: 800-895-0198, Code: SHARSHERET



QUESTION & ANSWER SESSION

To ask a question, please dial *1 or enter your question into the chat box.

Questions will be addressed in the order received.

For audio, Dial: 800-895-0198, Code: SHARSHERET



EVALUATION

Your feedback is important to us.

Please complete the online evaluation that will be sent to you.

For audio, Dial: 800-895-0198, Code: SHARSHERET

TRANSCRIPT AND AUDIO AVAILABLE

You will be able to access the transcript
and audio of the webinar at:

<http://www.sharsheret.org/resources/transcripts>

For audio, Dial: 800-895-0198, Code: SHARSHERET

THANK YOU

This program is made possible
with generous support from
Julius and Emmy Hamburger Memorial Fund

For audio, Dial: 800-895-0198, Code: SHARSHERET

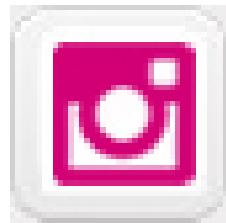


STAY CONNECTED

866.474.2774

info@sharsheret.org

www.sharsheret.org



For audio, Dial: 800-895-0198, Code: SHARSHERET