

## Belongers General Toolkit & Advice

We have collected some tips and advice from Belongers who have gone through cancer diagnosis and treatment.

- ❖ Knowledge is power. Learn about the best and most up-to-date cancer research and information available, educate yourself.
- ❖ Find your support system. Rely on your friends and family. The people who love you.
- ❖ Learn about what helps you cope- use that knowledge during the dark days.
- ❖ Discuss all your options with the medical team before making decisions.
- ❖ Be your own advocate! Make sure you remain in the driver's seat.
- ❖ There is no such thing as too many questions or a stupid question.
- ❖ Talk to your friends and associates. You will be surprised with the number of cancer survivors there are out there. Ask them to share their experience with you.
- ❖ Do not freak out. Get a medical team you trust and who sees you as an individual.
- ❖ Take someone with you to your appointments as part of your advocate team.
- ❖ Write down all your questions before the appointment.
- ❖ Stay positive and never give up.

*"You're at the beginning of a journey,  
take time to get as much information and support you can!"*

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