

General Day to Day Useful Advice Toolkit

The best advice always comes from those who have been there themselves. We collected tips and advice from Belong Warriors and Survivors to help you stay on track.

- ❖ Believe!
- ❖ Get up each day, get dressed, no PJ's allowed. Men - shave, Ladies put on some make- up and if you like, a pretty headcover. Walk tall.
- ❖ Remind yourself that you are number one - your main priority.
- ❖ Keep positive. Have Faith. Hold onto hope always.
- ❖ Get plenty of rest and eat healthy food.
- ❖ When your hair starts to fall out, get it buzzed. Find a great scarf or wig or fun hats and rock the new you.
- ❖ Be kind to yourself. It is okay to feel sad or scared sometimes.
- ❖ Listen to your body. Take it one day at a time.
- ❖ Be your own advocate. Ask questions. Do research.
- ❖ Remember the journey may seem uphill at times but keep the light that shines at the end of the tunnel in sight.
- ❖ On the days where you feel like you have had enough, push through. Cry and scream if you need to but then when you are able to, smile. Believe, this too, shall pass.
- ❖ Never lose your sense of humor.
- ❖ Focus your attention on activities that make you happy, like music, meditation, online courses, yoga, and other hobbies.
- ❖ Reach out to someone who has been there and done that. Nobody else can understand it except those who have experienced it first-hand.
- ❖ Connect with other Belongers in the community groups.
- ❖ Ask for help. Being your own superhero is a fulltime job. Everything else can be done by someone else.

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