

HOW TO DEAL

Lung cancer can take an emotional toll on patients and their loved ones.

—
Swipe for perspectives on coping with this disease. →

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TIP

Find the strength to ask for help.



There is no shame in asking for help. We all need support at some time in our journey.”



Dave Bjork

 **@bjork5**

TIP

Find a trusted support system.

“

Everyone in the family must be educated and comfortable with expressing the emotional aspects of a diagnosis. If you cannot express your needs within the family structure, make sure you have an emotional support system in place.”



Rhonda Meckstroth

 **@RhondaMeckstro1**

TIP

Find activities that bring joy.

“

Mentally, having cancer is exhausting—it's always on your mind and life feels like it's going to be cut short. Staying active is not only an important step to staying physically resilient, but it is a huge mental boost and reminds me to be grateful for every step and breath I take.”



Tiffany Job

@tailoredbytiff

TIP

Find ways to prioritize your needs.



**You ARE important.
You DO matter.
You deserve to
be happy and live
a healthy lifestyle.
Do you and get the
support you need.”**



Juanita Segura

 **@lcsurvivorgama**

TIP

Find power inside yourself.

“

When I start to feel stressed out, I tell myself ‘not today, Juanita. You better get up and make today a happy one. You didn’t come this far to quit now’.”



Juanita Segura

 **@lcsurvivorgama**



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for more insights from patients,
care partners and physicians, and
to learn about our drive to

ELIMINATE LUNG CANCER.



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