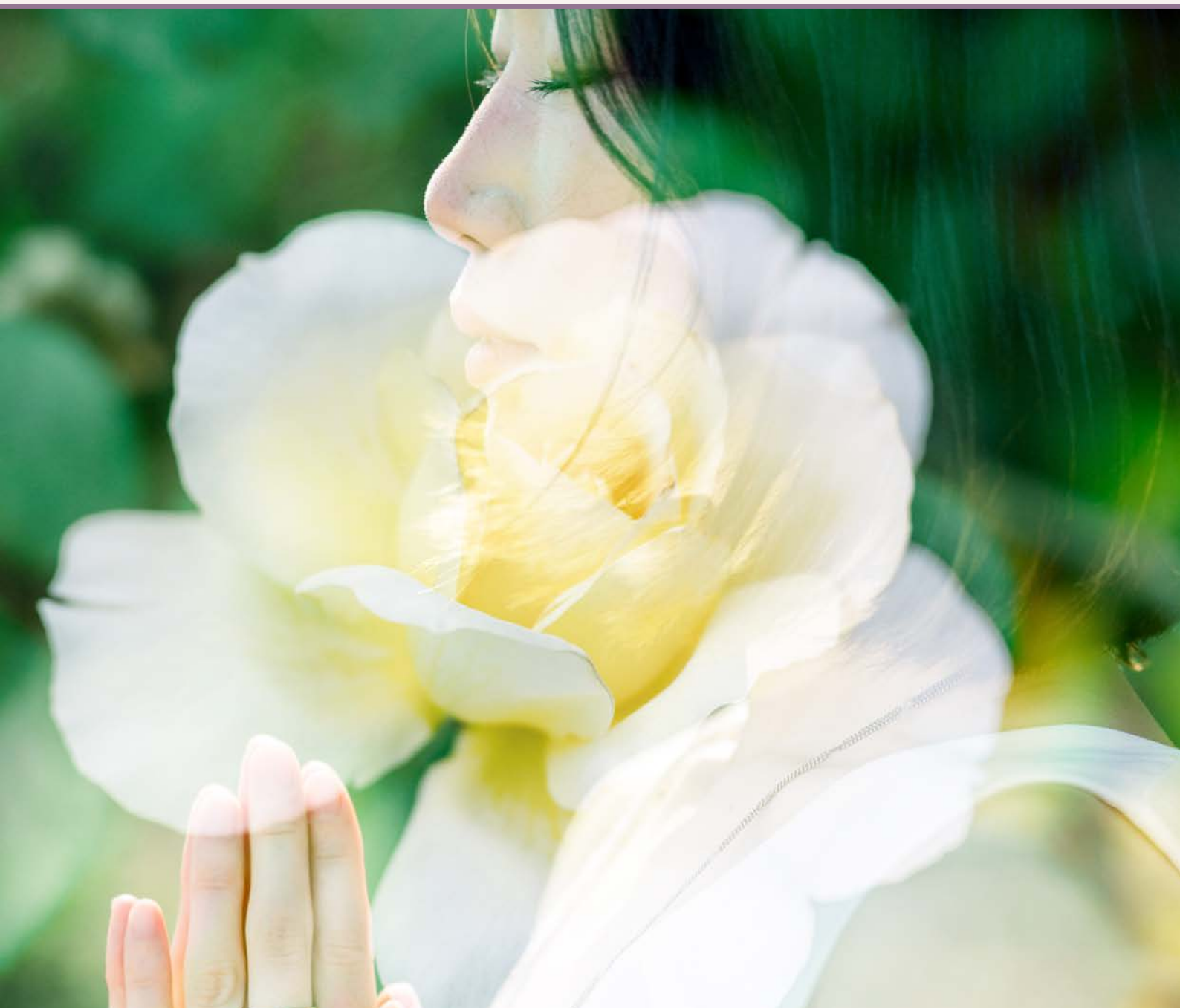


# 8 Ways to Help Someone who's *Fighting Cancer*



# 8 Ways to Help Someone who's Fighting Cancer

Cancer, unfortunately, is fairly common. Chances are good that you'll eventually know someone who's fighting their way through the disease.

Avoid being that friend who doesn't come around or call when someone you know is dealing with serious illness and, instead, step up to be the one your friend or loved one can count on to help.

Here are some ways you can do that.

## DISCLAIMER

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# 8 Ways to Help Someone who's Fighting Cancer

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## 1. STATE, "I AM HERE TO HELP YOU."

And mean it. Be definite and specific: a person with cancer needs a support system of people who are willing and able to help them get the daily things done so they can rest and recuperate from chemo, surgery, and radiation. One of the most surprising things I learned during my treatment, was that there is no part that you can "do on your own." From being disoriented from drugs, to needing emotional support, to being unable to do basic things after surgery, to needing help reaching your back to apply creams during radiation: people going through cancer treatment need a lot of help. Be open to being a part of that.

## 2. STATE WHAT YOU WOULD LIKE TO DO HELP.

Be specific – but don't be overbearing. "I want to send you a subscription to a streaming service for relaxing music – is that ok?" or, "I can pick up your kids from school on days you're getting chemo. They can stay at the house and play with my kids until you get home. Will that work?"

If you want to help with supplies (supplies during cancer treatment can get very expensive: head scarves, mouthwash, snap-up shirts for after surgery - and those are just a few), send an Amazon gift card for necessities, instead of guessing what you think they will need.

I know a lot of people say to show up at peoples' homes with food, activities, or just for company. Please don't do that, unless you've asked first and been given an okay.



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## 3. SEND A GIFT CARD FOR A FOOD DELIVERY SERVICE.

Often, you'll hear that you should help by cooking food for them (if they have a family to feed, this may be helpful...but read on, for a big caveat). During chemo, your tastes can change dramatically. You can feel nauseated. Or especially hungry (a side effect of the steroids that help keep the side effects from the chemo at bay). Not hungry at all. Have weird cravings. Not have a taste for anything. Not be able to tolerate certain foods (when I was going through chemo, I couldn't eat raw vegetables – they literally made me sick to my stomach for hours). Be very limited, due to mouth sores.

Providing nourishment and pre-made meals for your cancer-fighting friend can be the most loving thing to do for them and their family members. But remember, this won't look the same for all people.

## 4. ASK WHEN THE BEST TIME IS FOR THEM TO TALK...

...and then be understanding, when that changes.

Keep in mind that your loved one who has cancer feels very tired and will be trying to rest and recuperate as much as possible. They will also be going through many of their own emotions.

Make arrangements for when you'll call so it won't disturb them – and be prepared for them to change their minds, when that time comes. You could also ask them to text or call you when they feel up to talking. And remember: it's truly not about you.



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## 5. OFFER TO TAKE THEM TO CHEMOTHERAPY.

One of the scariest parts of dealing with cancer is undergoing chemotherapy. It can be a 3- or 4-hour (or more) session at the cancer treatment center...and they may be tired or very out of it (depending on the drugs used) after. In some cases, it literally may not be safe to drive after chemotherapy is over for the day.

During my chemotherapy, the steroids they used for the first type of treatment and the Benadryl they used during the second type of treatment, made it literally dangerous for me to be operating a vehicle, post-treatment. I couldn't have driven myself home if I had wanted to. And, unfortunately, medical centers don't always have patient transportation options – and even regularly-planned transportation may not always be available. Having a trusted friend/family member available and willing to help with transportation can be a huge support during treatment.

## 6. BE SENSITIVE AND UNDERSTANDING.

If you've ever needed to be aware of someone's feelings, it's when a friend is coping with cancer. Your friend might be feeling crabby and annoyed. Or they might be crying and emotionally exhausted.

They may even be frustrated because they WANT to talk to you...but simply don't have the capacity. Sometimes, if you just listen and acknowledge that their reactions are normal and they're entitled to their feelings, it's all that's necessary to lend support.



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## 7. DEAL APPROPRIATELY WITH YOUR OWN FEELINGS FIRST.

You might be feeling pretty devastated about the news that your loved one has cancer, or angry, or helpless. Allow yourself to cry, yell, or otherwise deal with these emotions with your own support system, before you talk with your friend. It's difficult enough for them to deal with their own feelings about having cancer; it's unfair and exhausting to ask them to also deal with yours – however well-intended they are.

Lean on your journal to help you process your feelings and work to accept what's happening regarding your loved one's health. Giving yourself a day or two to adjust to the news before speaking to the friend with cancer (if possible) will help you focus more on how they're feeling and what they're going through.

## 8. CONSISTENTLY TAKE A POSITIVE APPROACH.

The fact is that many people survive cancer these days. Treatment has come a long, long way. Also, mindset and environment absolutely matter. Tell her you're proud of how she's handling the whole thing.

Acknowledge that it's hard – and that it's okay that it feels hard. Acknowledge how she continues to do whatever is necessary to cope with her illness and work toward healing – however that looks.

The more positive energy you can bring to her, the better she'll fare through her recovery.





## Work with Me

Hi, I'm Kristen: a breast cancer thriver and coach for women going through the life-changing experience of breast cancer.

I shifted and upleveled my energy THROUGH my treatment and healing: and I want to help you do the same.

You need someone that understands the whole experience. I've been through it. I've struggled with the emotions. I've experienced the highs and lows, as well as the treatments. I will walk with you through all of this. Want to learn more? Email me directly at [info \(at\) mooncatwellness.com](mailto:info@mooncatwellness.com). I can't wait to hear from you!