

Positive Coping Characteristics for Those On a Cancer Journey

Able to meet a challenge head-on

Take one day at a time

Realistic yet optimistic, unlikely to feel helpless during a crisis

Seek out information and support; have support from family, friends

Aware of own needs and take care of them

Assertive and have the ability to communicate needs

Able to commit to a goal and “hang in” (fighting spirit)

Have a caring supportive medical team

Have a belief system or philosophy of life that gives meaning to stressful situations

Seek counseling to change behaviors that are not helpful

Able to see the humorous side of negative things

Adapted from

The Human Side of Cancer: Living with Hope, Coping with Uncertainty by Jimmie Holland, M.D., Sheldon Lewis