



MONDAY MINDSET

13 Positive Reminders for Living Well With Cancer

01. IT'S OK NOT TO BE OK

Acknowledging your emotions is part of healing - don't bottle them up

02. SPEAK UP

Tell people what you need from them - advocate for yourself unapologetically

03. BE KIND

Recognise that recovery looks different everyday

04. FIND CONNECTION

Connection has the power to heal, even when the worlds feels isolating

05. HEALING

It's not about finding who you were, it's about learning who you're becoming

06. EMOTIONS

Your emotions are valid, even if others don't understand them

07. GRIEVING

It's ok to miss who you were before cancer, healing includes grieving too

08. LOWER THE BAR

Sometimes, just getting through the day is enough

09. TAKE YOUR TIME

The world moves on quickly, but it's okay to take a pause if you're still processing

10. PRESERVE ENERGY

It's okay to walk away from conversations or people who drain your energy right now

11. ASK FOR HELP

Doesn't mean you're failing, it means you're human

12. KNOW YOUR LIMITS

You don't have to explain your mood or fatigue to anyone

13. MENTAL HEALTH

Your mental health matters as much as your physical recovery

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