

Pathfinder Series: Cancer and The Holidays

This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

Books

Coping with the Emotional Impact of Cancer / Neil A. Fiore, Ph.D.

Call number: 1.1.11 2009

Written by a licensed psychologist and thirty-year cancer survivor, this book provides guidance on how to reduce stress during a stressful time, cope with depression, and communicate with your family.

What Helped Get Me Through: Cancer Survivors Share Wisdom and Hope /

Julie K. Silver, MD

Call number: 5.6.26 2009

Hundreds of survivors from all walks of life share their honest thoughts and useful, real-world solutions for surviving the cancer journey. Advice about nurturing yourself, being spiritual, and relieving stress is included.

When Your Life is Touched by Cancer / Bob Riter

Call number: 5.6.14 2014

Described as a “resource you can turn to in moments of crisis or calm”, this book written by a cancer survivor includes a section on holiday gift suggestions for people who are being treated for cancer or have recently completed treatment.

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Websites

American Cancer Society

<https://www.cancer.org/latest-news/handling-a-serious-illness-during-the-holidays.html>

These Do's and Don'ts lists address feelings, simple pleasures, distractions, healthy habits, and enlisting support. A section on grieving over the holidays is also included.

BC Cancer – Cancer and the Holiday Season

<http://www.bccancer.bc.ca/about/news-stories/stories/cancer-and-the-holiday-season>

Psychiatrist Dr. Alan Bates discusses challenges and provides some advice for patients and their family, friends and caregivers.

Canadian Cancer Society

<https://www.cancer.ca/en/about-us/news/national/2015/cancer-during-the-holidays/?region=on>

A personal story about a single mother and her son's cancer journey is followed by a few tips for coping and a link to support and services.

Cancer.Net - Cancer and the Holidays: Answers to Common Questions

<https://www.cancer.net/blog/2014-12/cancer-and-holidays-answers-common-questions>

This helpful Q&A talks about managing fatigue, anxiety and stress, honouring a loved one's memory, and giving appropriate gifts.

Cancer.Net – Five Ideas for Maintaining Your Holiday Cheer

<https://www.cancer.net/blog/2013-12/five-ideas-maintaining-your-holiday-cheer>

Includes a prerecorded audio podcast with Dr. Lidia Schapira

CancerCare - Coping With Cancer During the Holidays

https://www.cancercare.org/publications/55-coping_with_cancer_during_the_holidays

These tips include expressing your feelings, creating new traditions, and celebrating strengths.

Massachusetts General Hospital

<https://www.lls.org/sites/default/files/chapters/wi/Pdf/wi-coping-holidays.pdf>

Authored by Liz Davis, MD, this two-page document includes advice for managing holiday stress including financial burdens, family dynamics, and discussing expectations.