

# Pathfinder Series: Cancer and The Holidays

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

## Books

*Coping with Cancer: DBT Skills to Manage Your Emotions – and Balance Uncertainty with Hope* / Elizabeth Cohn Stuntz

Call number: 5.6.0 2021

This compassionate book presents dialectical behavior therapy (DBT), a proven psychological intervention that Marsha M. Linehan developed specifically for the impossible situations of life - and which she and Elizabeth Cohn Stuntz now apply to the unique challenges of cancer.

*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* / Robert N. 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.

## Websites

### **American Cancer Society – Handling a Serious Illness Through the Holidays During the COVID-19 Pandemic**

<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 – Holiday Coping Tips from Canadians Affected by Cancer**

<https://cancer.ca/en/about-us/stories/2020/holiday-coping-tips-from-canadians-affected-by-cancer>

Members of the Canadian Cancer Society's online community for people who have been affected by cancer share how they have navigated past holidays during difficult times. They provide supportive tips, words of encouragement and advice to cope with the holiday season.

### **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>

Five things to consider if you also find yourself coping with cancer during the holidays.

### **CancerCare - Coping With Cancer During the Holidays**

[https://www.cancercare.org/publications/55-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 – Coping with Cancer at the Holidays**

<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.