

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

Call number: 5.6.0 2021

- learn powerful DBT (dialectical behavior therapy) skills that can help you make difficult treatment decisions, manage overwhelming emotions and speak up for your needs.
- includes stories and collective wisdom of cancer patients and survivors.

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”.
- holiday gift suggestions for people who are being treated for cancer or have recently completed treatment.

Websites

BC Cancer – Cancer and the Holiday Season

<http://www.bccancer.bc.ca/coping-and-support-site/Documents/Cancer-holiday-season-QandA.pdf>

- 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 share how they have navigated past holidays during difficult times.

CancerCare - Coping With Cancer During the Holidays

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



- tips include expressing your feelings, creating new traditions, and celebrating strengths.
- lists ideas on how to stay connected during the holidays.

Massachusetts General Hospital – Coping with Cancer at the Holidays

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



- two-page document includes advice for managing holiday stress including financial burdens, family dynamics, and discussing expectations.

Mayo Clinic – Cancer and the holidays: Tips for understanding and coping with your emotions

<https://cancerblog.mayoclinic.org/2022/12/13/cancer-and-the-holidays-tips-for-understanding-and-coping-with-your-emotions/>



- supportive tips, words of encouragement and advice to cope with the holiday season.

Memorial Sloan Kettering Cancer Center – Coping with Cancer at the Holidays: 7 Tips from Someone Who Has Been There

<https://www.mskcc.org/news/coping-cancer-holidays-7-tips-someone-who-has-been-there>



- tips include keeping traditions you love, making time for solitude, and more.

MD Anderson Cancer Center – Navigating cancer during the holidays

<https://www.mdanderson.org/cancerwise/navigating-cancer-during-the-holidays.h00-159624168.html>



- social work counselor makes recommendations such as maintaining a sense of normalcy, legacy planning, and more.