

SHINING BRIGHTLY

SURVIVORSHIP

“Keys to Resiliency when Confronting Cancer?”

1. Love yourself unconditionally.
2. Do not isolate yourself. We all need the help of others.
3. Be your own best advocate.
4. Make your own blueprint / self-care plan.
5. Get back up again—and again and again.
6. Celebrate all the small wins as well as the big ones.
7. Be grateful and express your thanks.
8. Figure out the best diet for you.
9. Hydration is key.
10. Check your emotional well-being every day.
11. Keep moving, stay active and exercise.
12. Get enough sleep because sleep is healing.
13. Reduce negativity and stress.
14. Volunteer / mentor (Lifting-up others will lift yourself as well!).
15. Strive for work-life balance.
16. Keep making memories with family and friends.
17. Find or create your happy place.
18. Keep planning for the short and long-term future.
19. (add your answer here) _____
20. (add your answer here) _____

Please feel free to share the PDF copy of this list with friends and colleagues. The list was prepared by Howard Brown, author of Shining Brightly, to spark helpful reflection and discussion. You might enjoy using this list in a class, discussion or community group.

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