

10 Keypoints to take care of your Mental Health

Cancer in young people can leave a lasting impact. While the focus is often on physical health, it's important to also prioritize mental health during and beyond cancer.

during and beyond cancer

Acknowledge your emotions



It is normal to feel a range of emotions, including anxiety, sadness, and fear. Acknowledge these emotions and seek support when needed.



Prioritize self-care

Taking care of your physical health through exercise, healthy eating, and sleep can improve mental health outcomes.



Seek professional help

Mental health professionals, such as psychologists and counselors, can provide specialized support for young people and their families.



Find a support system



Having a support system can provide emotional and practical support. This can include family, friends, and support groups.



Educate yourself



Learning about mental health during and beyond cancer can reduce stigma and increase access to resources.



European Network of

YOUTH CANCER SURVIVORS



Co-funded by
the European Union

Co-funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Health and Digital Executive Agency (HaDEA). Neither the European Union nor the granting authority can be held responsible for them.

Stay connected

Social activities and hobbies may improve social support and reduce feelings of isolation.



Advocate for yourself

Don't be afraid to speak up and advocate for your mental health needs. It is ok if you need someone supporting you with that.



Relaxation exercises

Mindfulness practices, such as meditation and breathing exercises, can reduce stress and improve emotional well-being.



Take it one day at a time

Living with and beyond cancer is a journey, and it is important to take it one day at a time. Remember that you don't always have to think positively. Despair and hope can alternate and that's okay!



Involve healthcare professionals

Get in touch with a healthcare professional about your mental health and any concerns you may have.



See pocket card
"The balancing act
between fear and hope"

Contact/Notes



Find more information
on: [beatcancer.eu](https://www.beatcancer.eu)

