



"No Person is an Island"

This adage is important to remember in times of plenty but more importantly during challenging seasons. Think about the people who have supported you during your cancer journey and reflect on these questions.

Describe what they did to help and how it made you feel.

Consider expressing your gratitude here or directly to them.

How has the support of others influenced your ability to cope with cancer?

Are there specific ways you would like to acknowledge or reciprocate the support you've received?

Explore the idea of building a support network and the role it plays in making the journey through cancer more manageable.
