



Managing Lifestyles Cutaneous Lymphoma Foundation

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What are Lifestyles?

- Dictionary.com: The habits, attitudes, tastes, moral standards, economic level, etc., that together constitute the mode of living of an individual or group.
- Everyone is different; activities are different; cultures; age are also factors.
- No matter what, it's **VERY** important to you!
- **YOUR** daily schedule

Initial Diagnosis

- When you are first informed of your results
- For every individual, there will be an individual reaction
- Human beings are all different and unique; there is no set reaction
- Questions come into your mind: How will this affect my life and how I currently live?

Initial Diagnosis

- Relationships: Family, Friends, Spouses, Significant Others
- What is this?

What do I do next?

- Day One the Next Move:
- Information is power and the ability to have *some* control.
- Who can I reach out to? Start with the Physician that first gave you the diagnosis.
- Cutaneous Lymphoma Foundation

What do I do next?

- Finding YOUR Medical team. Using the CL Foundation and other providers to help with referrals along with your physician.
- Find a comfort level with the members of your medical team: Talk to those specialists and get their “take” on your condition.
- Don’t be afraid to ask for 2nd opinions

What do I do next?

- Helping YOUR Medical team understand you!
- ASK QUESTIONS!!!! Treatment options, How will it affect me and options to approach this.
- Integrative health and wellness services offered by various medical and non medical organizations

Emotional Well Being/Mental Health

- Dealing with emotions and stress due to this disease can cause disruption to your life.
- I'm overwhelmed, Who do I contact or turn to?????
- Understanding this New Normal or Journey/Pathway

Emotional Wellness

- Anxiety
- Depression
- Sense of isolation from important individuals in your life.
- Caregivers: Family, Spouse, Significant Others
- There is help! Tremendous resources

Emotional Wellness

- Counselors, Clinical Social Workers, Psychologists, Psychiatrists
- Individual and Group Counseling, Listservs
- CL Foundation, Cancer Care, Cancer Support Community, Local Hospitals, Specialty Hospitals
- I-800 Cancer Support lines

Relationships

- My relationships with my family and friends.
- How do I discuss this with them?
- It's really up to you as to how and when or if you decide to inform them.

Relationships

- Discuss or practice disclosure conversations with a counselor to help with confidence
- Meeting new individuals: Do I ever disclose?
- Animals(check with physician) Medical Comfort Animals/Companions

Work life

- Working with your employer, Human resources and supervisors
- How much do you tell them?
- Cancer Legal Resource Center: provides good guidance ahead.

Work Life

- HIPAA protections and National Cancer Act and Family Medical Leave Act and other Legislative protections
- Scheduling treatments while working
- Some employers will be very cooperative and some not so much. Understand your rights.

Work Life

- If you have to leave your job due to health, how do you return to it or do you seek a new career?
- Various career services for individuals with Cancer. IE: Cancer and Careers.org
- Work on resumes, interviewing skills
- Refer to CL Foundation website and American Cancer Society among others.

School Life

- For those that are in Vocational, University or Community Colleges or High School or younger, What do you do?
- Notify School Counseling services and try to work with Instructors or Dean of your circumstances
- May need some medical documentation or notes in case absences are required due to treatments or intensive progression of disease.

School Life

- Keep your Medical team apprised of any challenges with treatment schedule and school loads.
- It's important to communicate with counselor and physician especially during times of low immune system challenges.

Physical Activity/Fitness

- Medical Referrals and recommendations by Physician: Always check with physician and PCP and know your restrictions
- Depends on your current health state on what you are able to do, but look at the options.
- Explore Integrative Health providers that may be added to your medical care team

Physical Activity/Fitness

- Yoga
- Tai Chi
- Stretching classes
- Aerobic
- Dance (relationship studies with movement)
- Music movement: ex. Drumming

Physical Activity/Fitness

- Strength based weight bearing (bodyweight or machine and free weight with supervision and physician permission)
- Walking
- Livestrong at YMCA (FREE if offered at Local Y)
- Community activities classes and trips sponsored by local recreation centers

Physical Activity/Fitness

- Various Hospital Medical Centers offer Integrative Health and Wellness model programs
- Community walking programs , free or low cost. Parks systems
- Cancer Support Community-Free Health and Wellness services and classes
- American Council on Exercise(ACE Fitness) Excellent information and User friendly

Mindfulness

- Focusing on living in the moment you are in
- Relaxation techniques: massage, acupressure, acupuncture (Check with your physician first)
- Visualization, music, positive mind set
- Stress management: hobbies, coping skills, exploration of new activities

Religious Faith/Spirituality

- Prayer
- Meditation
- Involvement in your Faith or Spiritual practice group organizations such as a Church, Synagogue, and other various religious places of worship
- Nature

Conclusion

- Don't be afraid to ask for help or to seek services from organizations!

Quotes

- “There are 86,400 seconds in a day, its up to you to decide what to do with them”- Jimmy Valvano
- “I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in.”- John Muir