

Emotional support

Podcast transcript

Duration: 3:26



Time code	Text
00:00:00	Hello. I'm Danuta Orlowska, a clinical psychologist, and I've supported patients with CTCL since 2009. A diagnosis of CTCL can bring many changes into your life.
00:00:20	<p>It is a form of cancer, which in itself is a challenge to which you'll be adjusting. It is also rare, which means it can be harder to find others who understand the diagnosis or share similar experiences.</p> <p>CTCL is also visible, and this might have an effect on what you wear, and you might get questions or comments from others. The diagnosis also has various impacts on your everyday life.</p>
00:00:47	First of all, be kind to yourself. Everyone will have different experiences of CTCL, as everyone has different experiences in their life before the diagnosis.
00:00:58	People are curious, but remember that you don't need to tell people anything about your diagnosis. What information you share is your decision.
00:01:07	For some people a diagnosis of cancer is associated with reviewing what is important in life. Others might want to carry on as much as possible with life as it was before. You might want to change how you spend your time at work, at home, and in your social and leisure activities.
00:01:24	<p>All sorts of things remain possible, but you might need to make some adjustments depending on your health and home situation.</p> <p>Many people are told, or tell themselves, to think positive. This might work for some people, but is often not easy, and people might become annoyed with themselves if they can't be positive enough. Instead, you can ask yourself if something you're thinking or doing is helpful or unhelpful.</p>

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00:01:52	<p>Focus on the thoughts and emotions that are helpful and be kind to yourself if you have unhelpful or difficult thoughts, and please seek support if needed.</p> <p>When faced with challenges, instead of moving between ‘I can’ or, ‘no, I can’t’, perhaps try to ask yourself, ‘how can I?’ This opens a problem-solving approach, and it’s usually a bit more helpful.</p>
00:02:15	<p>There will be things you need to do to look after your skin, and some of these take time. Are there ways of making this time more gentle? For example, when you have to apply skin lotions, could you also listen to music or that podcast series that’s been on your wish list?</p> <p>Focus on activities that bring you a sense of achievement, connection with others, and/or enjoyment. These are important to help maintain a sense of emotional wellbeing.</p>
00:02:41	<p>Sometimes family and friends don’t know what to say, and you might need to tell them what you need. For example, being listened to rather than being given advice, spending some enjoyable time together not talking about medical matters, or practical support such as accompanying you to an appointment and helping to take notes and ask questions there.</p> <p>Another challenge of living with cancer is managing to live with uncertainty. However, remember that despite the diagnosis, it does not need to define you.</p>