

10 Actions You Can Take

1. **Take one day at a time, and make one decision at a time.** Try to resolve only today's problems. The future is always unknown – for everyone. Life with a brain tumor can feel overwhelming but taking one small step at a time can help.
2. **Partner with your health care team.** Having an honest relationship with your medical team can help you feel a greater sense of trust and control. Consider a second or third opinion from experts, ideally at a brain tumor center. Carry a notebook with you or ask someone to write down the things you'd like to ask your doctor. Refer back to your notebook to help you remember what your doctor said.
3. **Ask your family and friends to help.** Family and friends often want to help but don't know how. Offer specific examples, such as: driving to appointments, researching financial support, making phone calls, or just talking. Reach out to your nurse or social worker to learn about available support services when you need extra help.
4. **Reach out to other brain tumor survivors.** It's often comforting to talk with others who can understand what you're experiencing, because they've also been there. See p. 69 to find organizations that can help you connect.
5. **Acknowledge and express your feelings.** Take time to listen to yourself. Find ways to express your feelings through journaling, physical activity, or creative pursuits, or consider talking to a social worker or psychologist.
6. **Establish a reasonable amount of control over your life.** Having a brain tumor can make it difficult to feel in charge of your life and your care. At times you may feel too exhausted or are unable to think clearly. Work with your medical team to develop a plan that gives you as much control over your life as you can comfortably handle.
7. **Learn to relax.** It can help to feel calm. Try relaxation or meditation programs to reduce stress. Relaxation is something that you might have to learn, or build it into your day, but it is important.
8. **Make healthy lifestyle choices.** It's never too late to make changes that will improve your well-being. Every small step you take to eat better, get more exercise, and find more humor in life can make you feel better.
9. **Find a new perspective.** A brain tumor diagnosis is life changing. It can be difficult, but also an opportunity to reprioritize goals and reframe your self-image.
10. **You can find hope in many things.** When you find something that gives you hope, you may feel better equipped to handle challenges. Draw upon family connections, cultural customs, and spiritual beliefs. If a cure is unlikely, one can always hope for small things that make each new day better in some way.