

Module 9: Take Care of Your Emotions

Content in this module covers how to:

- 1) Care for your emotions
- 2) Deal with uncertainty
- 3) Cope with the stress of CAR T-cell therapy
- 4) Cope with CAR T-cell therapy as an adolescent or young adult

How to care for your emotions

- CAR T-cell therapy can be stressful for patients and caregivers
- You might feel a “roller coaster of **emotions**”
- Remember that all emotions come and go. Emotions can stay with you for a long time
- The next sections will give you some tools on dealing with these feelings

How to deal with uncertainty

- **Uncertainty** is when you are worried about what will happen in the future
- You can deal with uncertainty in 2 main ways:
 1. Challenge your need for **certainty**
 2. Learn to live with uncertainty
- APPLE is a tool you can use to help you live with the uncertainty:
 - **A**ware
 - **P**ause
 - **P**ull back
 - **L**et go
 - **E**xplore

Tips for coping with the stress of CAR T-cell therapy

- Having CAR T-cell therapy or being a caregiver can be stressful
- Try some of the tips from this section to take care of yourself:
 1. Let feelings out
 2. Get information
 3. Find peer support
 4. Try relaxation exercises
 5. Do things that calm you or you enjoy
 6. Keep physically active
 7. Get rest and a good sleep
 8. Set small goals
 9. Be kind to yourself
 10. Accept help

Coping for adolescents and young adults

- As a young person with cancer, you may have challenges that are different than someone who is older
- The [Adolescent](#) and Young Adult (AYA) program at Princess Margaret Cancer Centre can help connect you to resources and other young people with cancer
- The AYA program is for anyone under the age of 39 having cancer treatments

Module Summary

- CAR T-cell therapy can be a hopeful but also stressful time
- Take care of yourself emotionally and mentally
- There are many resources and tools to help you
- Your health care team is also there to help you
- If you are 39 years old or younger, reach out to the Adolescent and Young Adult program at Princess Margaret Cancer Centre

| Key words | Definition |
|-----------------------------|--|
| Adolescent | Someone between the ages of 12 and 18 |
| Certainty | Knowing what will happen |
| Emotions | How you feel in your mind, body and spirit |
| Uncertainty | Worry about the future |