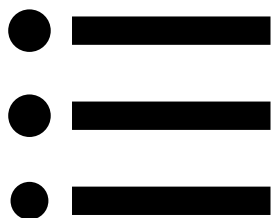


HELPFUL TIPS FOR TALKING ABOUT CANCER



Canadian
Cancer
Society

Healthy
Workplaces

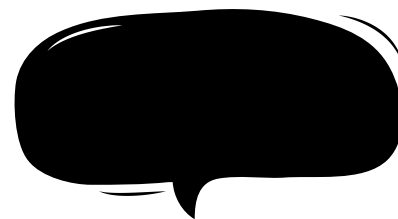


PREPARE

Decide who you want to tell and how, in person or by phone. Think about what you want to say and how many details you want to give. Try to think of some questions people might ask and come up with answers in advance.

BE HONEST

You're allowed to have all of your emotions. You don't have to hide your fears, it's healthy to express them. If you aren't sure about how you feel, just say so. Once you start talking, it might be easier than expected.

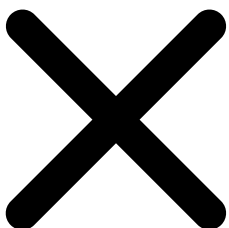


PRIVATE, QUIET CONVERSATION

When you are ready to talk, find a quiet time and place without interruption. Turn off TVs or cellphones and close the door to prevent distraction.

SUPPORT PERSON

Sometimes it's easier to have someone by your side who already knows what's going on. They can give support and answer questions if you're not able to.



DON'T FORCE IT

Most people find there are times when they want to share and times when they don't. Be honest if there are times when you don't want to talk about it.