



## Questions for Cocoon of Cancer

### Readers to Ponder

1. *What defines you? Think about what pleases you, how you want to be remembered. Then see if you can act on this now.*
2. *Do you see the doctor annually? More importantly do you know what your norm is? Blood tests are indicators and the red and white blood cells have specific jobs. Check to see any changes overtime.*
3. *Are you financial matters in order? Do you have a will? Do you have a health directive? Who will be your executor?*
4. *Think about your friends and family. Are you in a position to help them if someone gets ill?*
5. *What is your biggest fear? What actions can you do to relieve this fear?*
6. *Stress contributes to overall health. What are your stressors? What daily rituals can create a calming effect --- music, yoga, swimming ,running, writing, etc., so that you stay healthy or can endure a the added stress of an ill person in your care.*
7. *This book talks about cancer, the patient, and caregiving. There are many other illness that disrupt our lives. For those readers sandwiched in between raising a family and also caring for parents the stress financially and mentally can be profound. Begin a dialogue with family members on various care situations and how they best work with your particular living situation.*
8. *Is everyone in your household covered by healthcare? With the Alternate Health Care mandate, all children, young adults, and those not at Medicare age, can find basic coverage. Prevention care not only saves lives, but the costs of a disease, major illness, or cancer is unaffordable without this safety net.*
9. *My biggest surprise when Jim was diagnosed with cancer was how quickly we had to act. Our work situation lent itself to our working off-site. Explore options with your employer. Offer to job share, work from home, or take a leave of absence. Do you have enough in savings to pay bills for six months to year?*
10. *Regrets eat away at one's happiness. What do you need to reconcile within yourself or with others? If you can't fix a situation, what alternatives can you manifest to create peace within?*
11. *Explore the idea of losses—people, abilities, freedom. Then explore ways to open and receive the unexpected.*