



Caregiver: Surrounding Yourself To Help

5 advices to remember

→ **Has prostate cancer burst into your life? You have no choice but to face it!**

As with all cancers, access to care and information is essential. But in fact, information is the first remedy! If you are in a relationship, the more you know about prostate cancer, treatment options and side effects, the easier it will be for you to understand your partner's treatment choice, its impact on you and what could be a bumpy ride for both during this adventure.

→ **Talk with your partner**

A major problem with many of the side effects of treatment for this cancer is that they can be embarrassing or difficult for men who suffer from them to talk about, such as urinary and sexual problems. And these effects often have an indirect impact on their desire for intimacy. For these reasons, it's important to maintain a warm and safe space for communication and to let him know that he can confide in you without judgment.

→ **Get help, don't stay alone**

Asking for help can be learned. As a caregiver, you give yourself without counting and you help your loved one to improve his quality of life. To accept help is to empathize with oneself, it is to preserve one's balance. This requires reconnecting with yourself and listening to yourself. It also means recognizing and accepting your limitations. Don't wait to ask for help.

→ **Try not to feel guilty**

It is normal to feel guilty at times. This feeling usually manifests itself when there is an imbalance between your values and your behaviors. It can appear following an act, a word or the omission of an action. To help transform your feelings of guilt, you could, for example, say no, take a break, express your emotions, delegate certain tasks, or consult a support worker.

→ **Rest and try to have fun every day**

Thinking about yourself means setting aside time every day to recharge your batteries by doing what you like, what you love. For example, a 20-minute nap, gardening, reading, a 10-minute walk or a musical break. The main thing is that the activities are chosen to correspond to your desires, that they relax you and give you all the energy you need again.

Source: [L'Appui for caregivers](#)

Partner



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