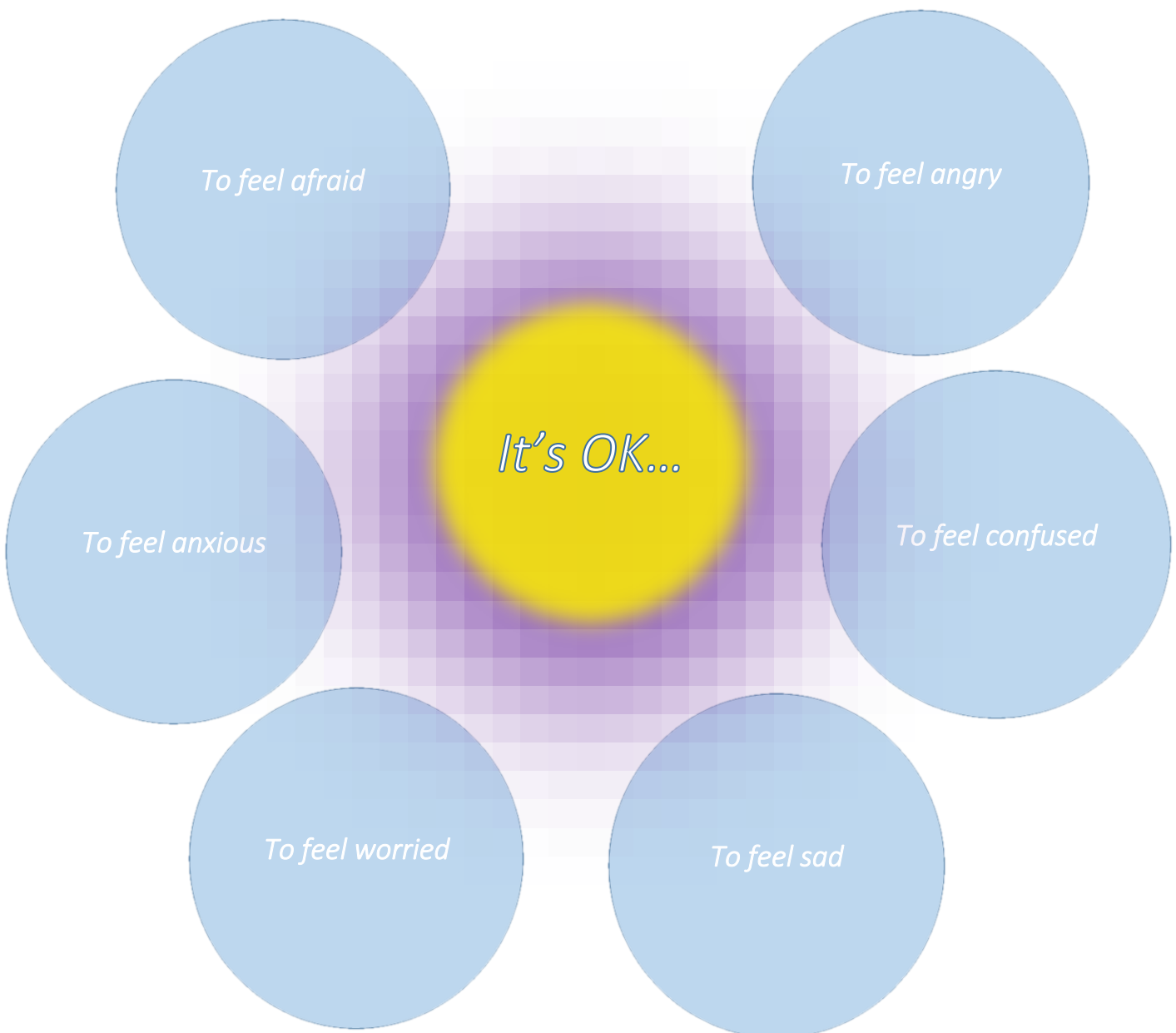


Resources and tools to help with stress and uncertainty

Patient and Family Counsellor's support people with cancer and their family members during times of stress and uncertainty. To speak with a counsellor at Victoria Centre call 250-519-5525 or toll-free 1-800-670-3322 ext. 695525.

Having a cancer diagnosis can be challenging on its own. When dealing with the emotional impact from COVID-19 the range of feelings and emotions can increase.



It is **OK** to feel anything you might be experiencing during this challenging time. Counsellors are here for patients and family members to help make sense out of your emotional experience.

WHAT CAN YOU DO?

There is a wonderful practice, created by Tara Brach, PhD; it goes by the acronym, **RAIN**. This practice can help when you are experiencing challenging emotions.

Here is how it works:

- R** **RECOGNIZE** what you are feeling.
- A** **ALLOW** the feeling to be experienced.
- I** **INVESTIGATE** the feeling with an attitude of curiosity, asking yourself, “Why might I be feeling this way?”
- N** practice **NON-JUDGEMENT** towards your emotional experience. Judging ourselves negatively for feeling a certain way only adds to our suffering.

These can be trying times. Remember, counsellors are here to help support your journey. We encourage you to reach out to us (Patient & Family Counselling) if you are struggling now or in the future.