

Mesothelioma Coping Strategies For Patients and Loved Ones

The right coping mechanisms can help you and your family preserve your mental health after a mesothelioma diagnosis, improving your quality of life as you continue treatment.

5 Tips for Coping with a Mesothelioma Diagnosis

- 1** Seek emotional support, whether through your loved ones, support groups, or individual counseling.
- 2** Find a health care provider that has resources and programs dedicated to working with mesothelioma patients, including palliative and hospice care options.
- 3** Practice mindfulness through meditation or yoga to help regulate your emotions.
- 4** Maintain your physical health through regular exercise, sufficient sleep, and a healthy diet.
- 5** Resist the urge to withdraw from others, and instead prioritize staying connected with your loved ones and community.

5 Tips for Coping with Death Anxiety

- 1** Understand that it's normal to feel anxious about dying, what comes after, and how your loved ones will manage without you.
- 2** Recognize that your life matters and reflect on the impact you've had on others.
- 3** Find meaning in something beyond yourself, focusing on your deepest values as you make the most of the time you have left.
- 4** Confront your mortality head-on, facing your fears by exposing yourself to death-related content, planning your affairs, and thinking about how you want to be remembered.
- 5** Shift your focus away from negative emotions and things you can't control, and prioritize what you feel is truly important.