

10 TIPS FOR LIVING WELL WITH

TAKE ONE STEP AT A TIME, AND MAKE ONE DECISION AT A TIME

If life feels overwhelming, take small steps to find your best path. Talk, listen, and learn. In time, you will have the information you need to make the right decisions for you.



PAY ATTENTION TO WHAT YOU NEED

Be aware of your feelings. Focus on activities you enjoy. Try to find humor in each day. Seek out people who help you feel relaxed or happy. Spend time alone if you need. Some days you may not know what you need, and that's okay too. Be kind to yourself.



BE YOUR OWN BEST ADVOCATE

You may feel frustrated by changes to your life. Talk with your medical team and your family and friends. Work together to come up with a plan that gives you as much control as possible over your treatment and care.



COMMUNICATE EFFECTIVELY WITH YOUR HEALTH CARE TEAM

Let your health care team know how you feel. Ask questions and ask again if you don't understand the answers. Tell your team about your goals for treatment. Be sure they know how your treatment and symptoms are affecting your everyday life.



GET HELP FROM OTHERS, BESIDES YOUR DOCTOR

Expand your health care team to include a patient **advocate*** and specialists. A patient advocate can help you find resources, manage insurance, and prepare legal documents. Other useful specialists include a nutritionist to help with eating, a psychologist for emotional distress, a physical therapist for weakness, and a palliative care specialist for symptom management.



METASTATIC BREAST CANCER

REMEMBER THAT HOPE IS POSSIBLE

Even if cure is unlikely, many treatment options exist. Hope can make each day a little better. Accept that some days will be better than others, but try to enjoy small moments and do things that make you smile.



FOCUS ON NUTRITION AND EXERCISE

Healthy food provides nutrients to help your body. Exercise can lift your spirits, boost your energy, and reduce stress. Even minor efforts can help you feel better.



REACH OUT TO OTHERS WITH METASTATIC BREAST CANCER

It's comforting to talk with people who understand what you're going through. Try to connect with others online or in a local support group.



ASK FOR SUPPORT AND ACCEPT HELP WHEN IT IS OFFERED

Let your family and friends know how they can support you. Be specific if you can. Consider using an online schedule such as [MyLifeLine.org](https://www.mylifeline.org) to stay organized and let friends know what's needed.



KEEP A NOTEBOOK NEARBY

Use a notebook to keep track of side effects, take notes when you talk with your health care team, and remember financial or insurance details.

