

Step back and think about the sorts of things that are causing you the most problems. Is it a symptom of cancer? A side effect of treatment? Something happening in your life outside of cancer treatment? Choose 2-3 challenges you want to work on and then identify the goals that will help you manage them. Make your goals specific. Think about where you want to be in a few weeks. For example, you may want to improve the quality of your sleep or you may want to eat better and exercise more to lessen the tiredness you've been having.

Step 2: create a plan

Now that you have goals to work on, think through where you want to start and what steps you want to take to achieve your goals. Each goal should have its own plan. Most goals will require more than one step to get to where you want to be. Start simple and build from there. For example, if you want to be more active, start with short walks or add 5 minutes to your exercise plan. Then increase that slowly until you get to your goal.

Step 3: identify potential challenges

No matter how solid a plan is, there will almost always be unexpected challenges that

Taking back some of control of your life from cancer is not easy. Using these 5 steps, communicating with your health care team, and asking for support from the important people in your life are all ways that can help you improve your health.

[For connecting and sharing during a cancer journey](#)

Anyone with cancer, their caregivers, families, and friends, can benefit from help and support. The American Cancer Society offers the Cancer Survivors Network (CSN), a safe place to connect with others who share similar interests and experiences. We also partner with CaringBridge, a free online tool that helps people dealing with illnesses like cancer stay in touch with their friends, family members, and support network by creating their own personal page where they share their journey and health updates.

References

Institute for Healthcare Improvement. New Health Partnerships: Information for People with Chronic Conditions—Self-Management Support. www.IHI.org. Published 2011. Accessed December 8, 2020.

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