# CANCER CARE *Journal*

BETWEEN SESSIONS
THERAPEUTIC TOOLS FOR GROWTH AND CHANGE

This journal is designed to support you throughout your cancer treatment journey, offering you a valuable tool to help you organize your thoughts and track your experiences. Managing your health and well-being during cancer treatment involves various aspects beyond medication.

This journal can assist you in addressing different facets of your journey, including emotional, physical, and practical considerations. Each page has dedicated sections designed to help you record essential information.

1. Express your thoughts, feelings, and experiences. Reflect on the challenges you face, the progress you make, and the moments of joy and resilience you encounter along the way.
2. Monitor any physical symptoms or side effects you experience, noting their severity and duration. This information can help you and your healthcare team assess your well-being and make any necessary adjustments to your treatment plan.
3. Acknowledge and appreciate the support you receive from family, friends, caregivers, and healthcare providers. Document acts of kindness, words of encouragement, and practical assistance that help you navigate the challenges of cancer treatment.
4. Celebrate and reflect on important milestones in your treatment journey. Whether it's completing a round of therapy, reaching a personal goal, or finding moments of hope, take time to acknowledge your achievements.
5. Jot down any additional observations, questions, or concerns you may have. Whether it's about upcoming appointments, treatment options, or self-care strategies, keeping track of your thoughts can help you stay organized and informed.

This journal is your personal space to document your unique journey through cancer treatment. By using it consistently, you can gain insights, find support, and cultivate resilience as you navigate this challenging but transformative experience.

Here's to your continued strength and perseverance!
Angela M. Doel, M.S.

Copyright 2024 Between Sessions Resources

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CHEMOTHERAPY / RADIATION / OTHER TREATMENTS

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CHEMOTHERAPY / RADIATION / OTHER TREATMENTS

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ENERGY LEVEL

APPETITE

## TODAY I'M GRATEFUL FOR:

1. _____

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3. _____

## WATER INTAKE:

( Glass )

1 2 3 4 5 6 7 8

## MOOD:

ANGRY TIRED SAD HAPPY EXCITED

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## MILESTONE:

_____

_____

## NOTES/REMINDERS:

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## TODAY'S AFFIRMATION:

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_____

## TODAY'S APPOINTMENTS:

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_____

## PHYSICAL SYMPTOMS OR SIDE EFFECTS:

_____

_____

_____

_____

_____

| SLEEP | HOURS | QUALITY (1-10) |
| --- | --- | --- |
| NIGHT | | |
| NAP | | |

DATE / /

PAIN

ENERGY LEVEL

APPETITE

## TODAY I'M GRATEFUL FOR:

1. _____

2. _____

3. _____

## WATER INTAKE:

( Glass )

1 2 3 4 5 6 7 8

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ANGRY TIRED SAD HAPPY EXCITED

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