

The Carer's feelings

The carer may feel a sense of loss. They often take on responsibilities previously handled by the other person. The diagnosis of a brain tumour can change their intimate relationship and personal friendships.

Some couples find they start feeling uncomfortable with each other. They may not know how to react to each other. The spouse / partner is sensing they are losing the intimacy of their relationship.

TIPs

Communicate with each other. Ask help from trusted friends, if needed seek professional help.

Talk about your feelings, the changes in your lives. Think about methods you normally use to deal with problems.

A long shower, relaxing music, or meditation techniques can help.

Summary

Find ways to maintain positive, close, and loving relationships with your family and significant others in your life.

Having a brain tumour makes people re-evaluate their lives.

Not everyone experiences the same feelings, and not everyone shows their emotions.

There are no magical patterns for dealing with your emotions. One day you may feel better, and the next day feel upset again.

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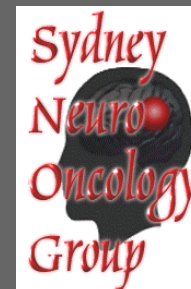
Adapted from "A guide for brain tumor patients" ABTA

The Sydney Neuro-
Oncology Group's
Patient & Carer Support

Living with a Brain Tumour



Sydney Neuro-
Oncology Group



Reaction to the Diagnosis

When things slow down a bit, the severity of the situation becomes real. Naturally, you may have very negative feelings about this disease and the changes it is causing in your life. Living with your brain tumour means learning to re-direct those feelings into productive responses.

It is normal that you may have similar reactions from your family & friends.



"Why me?"

Emotional reactions

You and your loved ones will experience many of the same emotional reactions: denial, anger, resentment, depression, resignation, and acceptance.

Denial

You will feel traumatised and depressed. Many people go through a state of temporary denial. It is common to become numb and hide or deny your initial feelings. This stage can last from a few days to even a few months.

Anger & Resignation

It is common you will feel angry. Life may feel very unfair. Some people develop a sense of resignation about living with their brain tumour and the physical or emotional changes that come with the diagnosis.

Resentment

You may feel resentment because you have the disease and not somebody else.

Depression

Resentment can turn into depression. This is usually temporary. But if the depression deepens and affects your relationships and your ability to function, it is important you seek professional help.

Acceptance

The sense of acceptance begins when you realise that the brain tumour is a reality. Hopefully you will begin to plan and make your life constructive and meaningful. You will reassess values, think about how you want to live your life.

The Sydney Neuro-Oncology Group hopes that you have found this information useful. SNOG purely exists through donations. All contributions are used for research, education and support. Any donations you wish to make would be greatly appreciated.

Donation

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