

THE Introducing **10** Tools of Triumph™ *for Survivors* *for Caregivers*

-  **1st Tool** Stay 100 Percent Present
-  **2nd Tool** Ignore All Predictions of Doom
-  **3rd Tool** Silence Your Mind
-  **4th Tool** Take Charge
-  **5th Tool** Focus All Your Energy on Getting Better
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-  **9th Tool** Adapt to Your Changing Role
-  **10th Tool** Support, Don't Smother

**Discover How to Use These Tools in Your Own Climb Back
Climb Back from Cancer Shows You How**

*“Chicken Soup – with wings!
This book will take you to new heights.”*

– Jack Canfield, Co-Author, *Chicken Soup for the Soul*™

**A Must-Read for Every Patient,
Survivor and Caregiver**

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THE **10** Tools of Triumph™ *for Survivors*



EXPLAINED

1st Tool for *Survivors* Stay 100 Percent Present



We must not let our minds race ahead of us, imagining all manner of horrific outcomes. We must remain as calm, composed and lucid as we possibly can. That may be extremely difficult under the circumstances, but we cannot afford to waste priceless energy and time falling into fear. We may have little time left. We must make that time count – to its maximum. That means staying completely in the here and now.

2nd Tool for *Survivors* Ignore All Predictions of Doom



No one can predict the future. When we hear frightening news from a reputable source such as a doctor, we are conditioned to believe what we hear. But health forecasts, like all forecasts, can prove to be inaccurate. The first thing we must do is decide what we are going to believe. If we choose life, we must see the cup as half full rather than half empty. We must believe there is still the potential for survival. This is not denial, it is determination. And it is the first manifestation of a survivor's greatest single asset: hope.

3rd Tool for *Survivors*



Silence Your Mind

Cancer treatment and recovery is emotionally and physically grueling. The psychological stress of living on the edge is intense. It is essential that we regularly escape, re-energize and rekindle our resolve. That way, we can return to the climb stronger and more effective. But because we cannot always physically change our surroundings, we need to be mentally able to change locations. Retreat into silence.

4th Tool for *Survivors*



Take Charge

Every moment that follows disappointing news offers an opportunity to take control. We can arm ourselves with valuable information, decide what treatment we wish, who is going to deliver it, how and when. We can commit to taking charge of ourselves and our care. An effective plan can lead to effective action, which can lead to an effective outcome – but only if we first think rationally and act decisively to develop that plan. Action is the greatest antidote for fear. Take it.

5th Tool for *Survivors*



Focus All Your Energy on Getting Better

It has been said that “Where focus goes, energy flows.” As energy is the most precious physical resource survivors have, we must be absolutely militant in our use of it. We must dispense it with the greatest discretion. That means balancing outside commitments and personal health in a whole new way. It also means learning to temporarily say no to the needs and wants of some others and putting our needs and wants first. Our lives depend on it.

THE **10** Tools of Triumph™ *for Caregivers*



EXPLAINED

1st Tool for *Caregivers* Care for Yourself First



If we do not care for ourselves, we cannot be there to care for our loved one. Caring for ourselves can be as simple as taking a five-minute rest break, going for a walk, making sure we are eating properly and sleeping in our own bed each night. Do it – every day.

2nd Tool for *Caregivers* Put Your Fears Aside



We will be given statistics and a prognosis that may not be encouraging. We must decide that we are going to be on the positive side of the numbers. If there is no positive side, decide we are going to be the exception. Visualize a positive outcome. Look to other survivors. Read success stories. We must surround ourselves with hope.

3rd Tool for Caregivers



Manage Your Mind

Beware the “What ifs?” our minds can endlessly imagine. They will drain our energy and clutter our minds so we will be unable to process all the information coming at us. We must stop our minds from spinning by using whatever technique works for us – meditation, music, playing with our children, reading a book. A quiet mind is a clear mind. It is also a more productive and effective one.

4th Tool for Caregivers



Expect the Unexpected

Change is challenging. The new drugs, treatment methods, tests, unexpected setbacks and continuous uncertainty can wear us down. We must embrace this uncertainty and adapt to it as best we can. It is part of the experience. Concentrate only on what we can control and let everything else go.

5th Tool for Caregivers



Celebrate What You Have

At the end of each day, we must think of something for which we can be grateful. It could be something as simple as a smile from a friend or a snowflake on our tongue. Whatever it is, celebrate it – and remember it.