

# THRIVING IN THE MIDST OF CANCER

## *(the Metamorphoses of the Monarch Butterfly)*

### ***Stage 4 - Butterfly - Metamorphoses***

**Challenges:** Support system shrinking. Resuming your life, work, etc. Possible lingering physical symptoms and fatigue. Feeling lost.

**Keys to Coping:** Give yourself time to adjust and fully heal. Answering the questions: Where do I go from here? How do I want to shift my life?



### ***Stage 3 - The Chrysalis - The Transformation***

**Challenges:** Coping with the side effects of treatments. Life "balance". Time pressures.

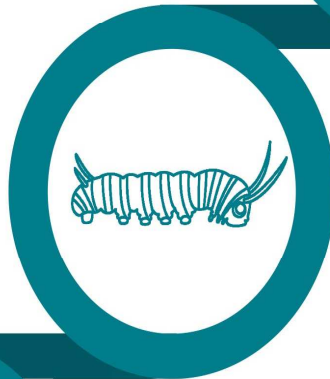
**Keys to Coping:** Create a holistic protocol to support the vitality of your whole mind, body and spirit.



### ***Stage 2 - Caterpillar - Expansion and New Knowledge***

**Challenges:** Overwhelm. Unrealistic expectations of yourself. Grief.

**Keys to Coping:** Set boundaries both with yourself and others. Learn to say "No". Learn the stages of grief and how to best navigate them.



### ***Stage 1 - The Egg - The Point of Shift or Change in Your Life (Diagnosis)***

**Challenges:** Sudden change. Shock, fear and uncertainty. Non-stop head chatter.

**Keys to Coping:** Meditation, including: journaling; coloring; yoga; art including painting, jewelry design, playing the piano - anything that absorbs you to the point where you lose track of time.