



Powering Up: Your 6-Week Roadmap to Living with Follicular Lymphoma

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The Plan

The Beginning: Week 1 & Week 2

Learn about your diagnosis

You're now on a new adventure, exploring uncharted territory that is your health. Now, imagine having a map that guides you through the twists and turns of your diagnosis. That's why it's important to learn the basics about follicular lymphoma - it's like arming yourself with knowledge that illuminates your path, helping you make informed decisions and navigate the challenges along the way.

- [Leukemia & Lymphoma Society](#)
- [American Cancer Society](#)
- [Lymphoma Research Foundation](#)
- [Mayo Clinic](#)
- [Lymphoma Watch & Wait](#)

Get your family medical history

Knowing your family's medical history is like having a secret weapon in your health arsenal - it helps your doctors better understand your genetic makeup. It gives you a heads-up on potential risks or conditions to prepare for. Plus, knowing this stuff in advance can help you and your healthcare team plan ahead and stay one step ahead of any health hiccups that might pop up.

- [Family Health History: The Basics | CDC](#)
- [My Family Health Portrait](#)
- [Family History Form | American Medical Association](#)

Focus on your mental health & well-being

Life with cancer can be quite an adventure, so it's crucial to prioritize your emotional well-being. Whether deep breathing exercises or heart-to-heart chats with a therapist, it's all about ensuring you are armed with the tools to help you conquer any mental health hurdles.

- Contact the [Crisis Text Hotline](#) if you need immediate help.
- Schedule an appointment with your therapist. If you do not have a therapist, check with your insurance provider to find a provider covered under your policy. You may also try online therapy services.
- Access Employee Assistance Program (EAP) services through your employer, if available.

Make time to celebrate

Discovering a cancer diagnosis can bring a whirlwind of emotions, from fear and confusion to hope and determination. But do you know what's worth celebrating? The fact that you now hold the power of knowledge about your diagnosis makes you armed and dangerous in the face of follicular lymphoma. Take it one step at a time, pace yourself, and know you're in it for the long haul. Most importantly, celebrate knowing you're here and committed to supporting your overall health and well-being.

- Treat yourself to a movie or dinner
 - Spend time with close friends and family
-

Making Changes: Week 3 & Week 4

Focus on meal planning

When it comes to taking care of your body, the food choices you make can make a big difference. Incorporating cancer-fighting foods into your diet can help support your body's natural defenses and help you feel your best. You'll explore the world of meal planning and the superpowers of crafting your own menu of vitality to keep you fueled up and ready to take on anything.

- [36 Foods That May Help Lower Your Cancer Risk | MD Anderson Cancer Center](#)
- [Foods that Fight Cancer | American Institute for Cancer Research](#)
- [Make a Plan | MyPlate](#)

Establish your care team

By assembling your squad of healthcare pros and staying on top of appointments, you're setting yourself up for success by getting the support you need, staying informed, and staying one step ahead. Remember to involve your own personal cheerleaders, aka your friends and family. They're like your personal fan club, waving those support pom-poms and giving you the strength and motivation to keep fighting.

- [Establish Your Care Team | Watch and Wait](#)

Decide how (or not) to talk about your diagnosis.

The power is in your hands when deciding who to tell about your diagnosis and when to share the news. Take your time, my friend, and remember that this decision is entirely up to you. It's important to consider who you feel most comfortable confiding in and your schedule and readiness. Think it through, trust your instincts, and make the right decision for you.

- [Sharing the News | Cancer and Careers](#)
- [Helping Children When Someone They Know Has Cancer | American Cancer Society](#)

Almost There: Week 5 & Week 6

Focus on physical fitness

Revving up your fitness can be a game-changer when dealing with cancer. While more research is needed, some studies suggest that engaging in physical activity before and/or after a lymphoma diagnosis may have positive effects on survival outcomes. Start to work with your care team to create a physical fitness plan that's right for you. This way, you'll have expert guidance and support every step of the way.

- Learn about the connection between [Physical Activity and Cancer Fact Sheet - NCI](#)
- Schedule time on your calendar to be physically active

Restock your cabinets

It's time for a cabinet takeover. Be on the lookout for any sneaky, harmful ingredients that might be lurking in your favorite or frequently used items. Multiple studies have shown a possible link between exposure to harmful chemicals and an increased risk of developing follicular lymphoma. The exact mechanisms by which these chemicals might cause follicular lymphoma are not yet fully understood and are the topic of ongoing research. Be proactive by removing these items from your daily routine. Your health is gonna thank you for it!

- [Known and Probable Human Carcinogens | American Cancer Society](#)
 - [EWG VERIFIED® : For Your Health | Environmental Working Group](#)
-

Taking Charge: Keep it Going!

Prioritize your well-being

When it comes to life after a cancer diagnosis, it's totally normal to think about shaking things up a bit to improve your overall well-being. It's all about balancing caring for yourself and living your best life. Tap into the wealth of knowledge you've picked up to guide you through this journey.

- Review all of your notes and materials from the previous weeks
- Start to put your goals into action

The Workbook

The Beginning: Week 1 & Week 2

<p>What did you learn during this period?</p>
<p>How do you plan to use the information you learned?</p>
<p>What additional resources did you find useful? <i>Add them here so you can reference them again!</i></p>
<p>What questions do you have for your care team?</p>

Reflection Prompts

Imagine yourself equipped with a map that guides you through the twists and turns of your cancer. What would be the key landmarks or information you'd want this map to provide?

Think back to a time when you felt empowered and confident while navigating a new experience. How can you apply that same mindset to learning about follicular lymphoma and taking charge of your health?

Reflect on a specific challenge or decision you've faced since your diagnosis. How has knowledge about follicular lymphoma helped you make informed choices? Were there any particular aspects that you found especially illuminating or valuable?

Imagine you're leading a team of fellow adventurers who are just starting their own health journeys. What advice or knowledge would you share with them to help them navigate the uncharted territory of a health diagnosis?

Making Changes: Week 3 & Week 4

<p>What did you learn during this period?</p>
<p>How do you plan to use the information you learned?</p>
<p>What additional resources did you find useful? <i>Add them here so you can reference them again!</i></p>
<p>What questions do you have for your care team?</p>

Reflection Prompts

Take a moment to think about the food choices you've been making lately. How do you feel after eating certain foods? Are there any particular cancer-fighting foods that you enjoy? How can you incorporate more of these foods into your meals to support your body's natural defenses?

Reflect on the support system you've built around you, including your squad of healthcare professionals. How have they helped you in your journey? Are there any specific appointments or medical information that you want to stay on top of to feel more empowered and informed?

The decision of who to tell about your diagnosis and when can be a tough one. Reflect on your feelings and thoughts around sharing this news. Who are the people in your life that you feel most comfortable confiding in? How might their support impact your overall well-being? Trust your instincts and consider what feels right for you when deciding how and when to share your diagnosis.

Now, think of your own personal cheerleaders – your friends and family. How have they shown their support for you? What are some ways they've motivated and encouraged you during challenging times? Take a moment to appreciate their presence and think of ways you can involve them even more in your journey.

Almost There: Week 5 & Week 6

<p>What did you learn during this period?</p>
<p>How do you plan to use the information you learned?</p>
<p>What additional resources did you find useful? <i>Add them here so you can reference them again!</i></p>
<p>What questions do you have for your care team?</p>

Reflection Prompts

Take a moment to reflect on your relationship with fitness before and after your diagnosis. How has physical activity impacted your overall well-being? Have you noticed any changes in your energy levels or mood? What fitness goals do you want to reach?

Consider the items in your daily routine – from skincare products to household cleaners. How do you feel about the potential harmful ingredients lurking in these items? Reflect on any changes you've made or plan to make to reduce your exposure to these chemicals. Think of alternative products you can swap in to prioritize your health and well-being.

Consider the power of knowledge and how it has your back on this journey. Reflect on the information you've learned about follicular lymphoma and how it has influenced your decision-making and sense of control. What are some specific pieces of knowledge or insights that have been particularly empowering for you? How can you continue to seek out reliable resources and stay informed?

Taking Charge: Keep it Going!

<p>What did you learn during this period?</p>
<p>How do you plan to use the information you learned?</p>
<p>What additional resources did you find useful? <i>Add them here so you can reference them again!</i></p>
<p>What questions do you have for your care team?</p>

Reflection Prompts

Reflect on how your cancer diagnosis has influenced your perspective on life. How have your priorities shifted? Are there any areas where you feel motivated to make positive changes that align with your overall well-being?

Take a moment to appreciate the resilience you've shown on this health journey. Reflect on the challenges you've faced and the strength you've discovered within yourself. How can you continue to harness that strength to advocate for your own health and well-being?

Think about the knowledge you've gained about follicular lymphoma. How can you leverage this knowledge to make informed decisions about your treatment, lifestyle, and overall well-being? Take charge of your journey by staying informed and engaged.

Consider the impact of a positive support network in your life. Reflect on the people who have been there for you, cheering you on. How can you involve them even more in your health journey?