People with cancer and their family members are under a great deal of pressure to cope effectively with
the treatments, side effects, and anxieties that accompany a diagnosis of cancer. Every single patient, at
every stage of cancer, regardless of the type of treatment, deals with issues that cause some level of
distress, ranging from common feelings of vulnerability, sadness, and fear of recurrence or death, to
problems that are more disabling, such as clinical depression, intense anxiety, or panic.
Overwhelming sadness or depression can affect your ability to carry out daily activities and to