

People with often worry about how their family and friends are coping with the changes that cancer often brings into their lives.

Relationship Stressors

Examples of causes of stress in relationship are a need to switch roles from caring for others to being cared for yourself, a wish to protect children or other loved ones from your fears and worries, financial concerns or a need for more practical help.

Good Communication is Key

One of the most important things you can do to stay connected to family and friends is to be open and