

*I have been given the all-clear following treatment for breast cancer, yet I feel low and apathetic. Is this normal?*

The short answer is, “Yes. It’s completely normal to feel the way you do.”

It can come as a shock because it’s not talked about much, but is something that a lot of breast cancer survivors experience.

You’ve been focused on your physical recovery, endless appointments and a very intense time with a medical team supporting you. So when it all suddenly stops, you can feel alone and unprepared for moving forward, mentally and emotionally.

You might be struggling with your new body and image, survivor’s guilt, crippled with fear that the cancer will come back, or a whole lot of other emotions.

It’s normal, and you need to give yourself time now to work on your mental and emotional recovery.

Here are the first three steps:

**1) *Don’t feel ashamed***

I can’t say this often enough: don’t feel ashamed of the way you feel. It’s completely normal to be anxious, guilty and frightened. There’s no right or wrong way you “should” be feeling. Everyone needs help to heal the emotional side-effects of their experiences.

**2) *Speak to family and friends***

The truth is, they have no idea how you’re feeling if you don’t tell them. If it was a shock to yourself to discover you’re not ready to celebrate, it’s understandable that your loved ones aren’t expecting it either. They may be surprised initially, but it’s best to explain - it will go a long way to reducing the pressure you’re under to pretend that you’re “back to normal.”

**3) *If your anxiety becomes unmanageable, speak to your GP***

Your emotional recovery is as important as your physical recovery. If your anxiety about cancer returning - or anything else - is becoming unmanageable, don’t be afraid to speak to your GP. With a little help to get it under control you’ll be able to move on more quickly. You can also go back to your oncologist.

When my breast cancer treatment ended I felt exactly the same way – *and* I felt guilty, because I didn’t realise it was normal!

But after a lot of research I discovered a huge number of people struggle with exactly the same feelings. I realised there was a lack of support, which is why I developed a programme specifically

to help people to move forward after breast cancer, embrace their new selves and live more fully than before.

Cancer ONYIGO is a 12 week counselling programme, a chance to meet others experiencing the same feelings, and get professional help to let go of them for good!

For more information and details of the next course, you can find me on facebook "KimBradyForbesLifetransformationStrategist" or [www.kimbradyforbes.co.uk](http://www.kimbradyforbes.co.uk)

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