

Living your best life after a breast cancer diagnosis.



Wendy A. Myers, MSW, LCSW

Cancer Caring Center-Pittsburgh, PA, Director of Counseling
Find Your Balance LLC-Warrendale, PA, Owner/Counselor

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Co-Survivors: What is your Co-Survivor Superpower?



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Who is a Caregiver?

❖ Anyone who is helping a loved one get through a difficult time in their life. You may feel this is natural and you are simply caring for someone you love or think of needing your help. Some caregivers are family members and others are friends. Even children/teens can be caregivers. Multiple caregiving roles can exist. Can be caring for many people at one time.

What Type of Caregiver are You?



❖ Caregivers seem to fall into 2 categories:

- ❖ Those who act out of **pity** and ignore their own needs-more focused on sympathy
- ❖ **Sympathy**-Feelings of pity and sorrow for someone else's misfortune

- ❖ Those who act out of **compassion** and recognize the importance of caring for themselves as well as caring for others-more focused on empathy
- ❖ **Empathy**-the ability to understand and share the feelings of another

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Superpowers



❖ All 4 Elements Balanced Together Are Present

Pity-I acknowledge your suffering

Sympathy-I care about your suffering

Empathy-I feel your suffering

Compassion-I want to relieve your suffering

- ❖ These elements are important to be felt by both the Survivor and the Co-Survivor throughout your relationship

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Communication



- ❖ It is important to recognize what type of communicator you are as well as your loved one in order to maintain a healthy relationship between the survivor and the co-survivor.
- ❖ Becoming appreciative of who each other is and finding a balance of understanding of each other's needs. This can only strengthen the relationship for a lifetime!!

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Strengths

Potential Weaknesses

Analytical

Thinking
Thorough
Disciplined

Excludes feelings from decisions
Goes too far; perfectionist
Too rigid or demanding of self
and others

Amiable

Supportive

Patient

Diplomatic

Tends to conform to wishes of
others
No time boundaries; things do
not get done
Not assertive or directive

Driver

Independent
Decisive

Determined

Has trouble operating with others
Does not take time to consider
others perspectives
Domineering; too focused on
doing it my way

Expressive

Good Communicator
Enthusiastic
Imaginative

Talks too much
Comes on too strong
Dreamer; unrealistic

❖ Communication Styles Self Assessment

❖ Support Group

- ❖ In a support group caregivers can share their feelings and trade advice—others may attend and just listen. You can talk things over with other caregivers and this could give you some ideas for coping. It also is very helpful to know that you are not alone in this journey.
- ❖ Support groups on line can be accessed if you are not able to get to one in your area.

❖ Support group-activity

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Resources



Caring for the Caregiver-National Cancer Institute

Care Notes-Caring for Yourself When You're Caring for Someone Ill-Staff of Kairos
Support for Caregivers

Communication Style Self-Assessment-thevantagepoint.ca

Empathy vs. Sympathy-Psychology Today, Neel Burton MD, Hide and Seek-May 22,
2015

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