Staying in the Circle of Life



Introduction

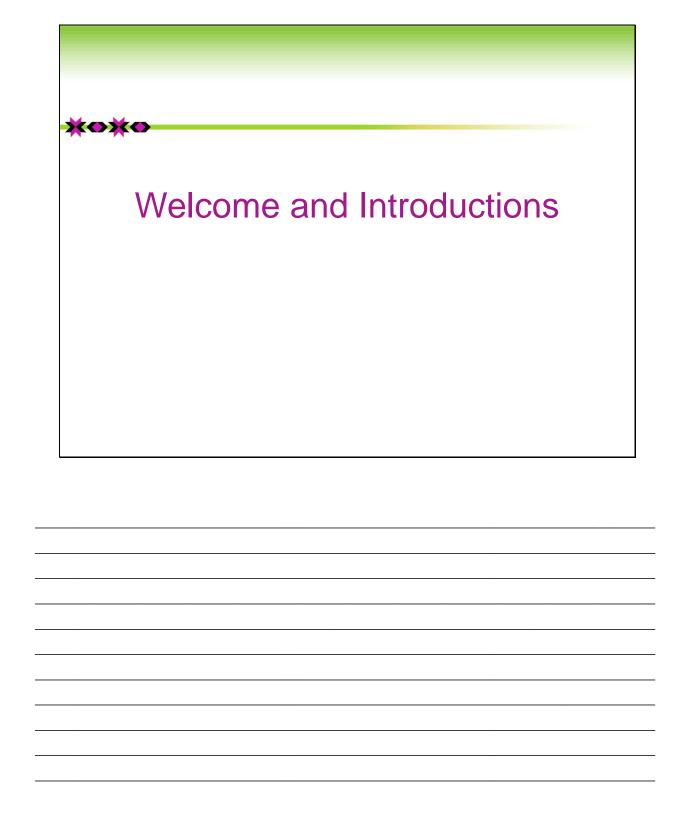
Session 1







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How This Project Started



- We created this curriculum because our community partners told us they were very interested in providing support for Native cancer survivors.
- We want to make sure that the sessions we offer are geared toward Native people.
- This is a test-run to see how these sessions can be helpful to others in the future.
- We want your feedback on what you found useful about the sessions.



Thank you for being here!

-The Native People for Cancer Control team

Session Format



This curriculum is called **Staying in the Circle of Life**. Each session includes four components:

- 1) Education
- 2) Discussion
- 3) Activities
- 4) Surveys

Participants will receive a \$40 incentive for completing each session. Caregivers do not receive the incentive - sorry!

Session Topics



Session 1: Introduction and Social Support

Session 2: Stress Overview and Management

Session 3: Health Advocacy and Advance Directives

Session 4: Nutrition and Fitness

Session 5: Body Image and Intimacy

Session 6: Family History and Genetics / Closing

Agreements



We want to do what we can to make sure everyone feels comfortable while they're here. Some examples:

- Keep it confidential everything anyone says stays in the room
- Listen with respect
- Stay on topic we have a lot of information to go over and we want to make sure we cover it all
- Other things we can do?

Why Are We Here?



- To provide a comfortable, confidential, and safe place of understanding and support for you as cancer survivors
- To share ideas about coping with life and thriving in life as cancer survivors
- To learn from each other about living healthy and happy lives
- Other reasons?

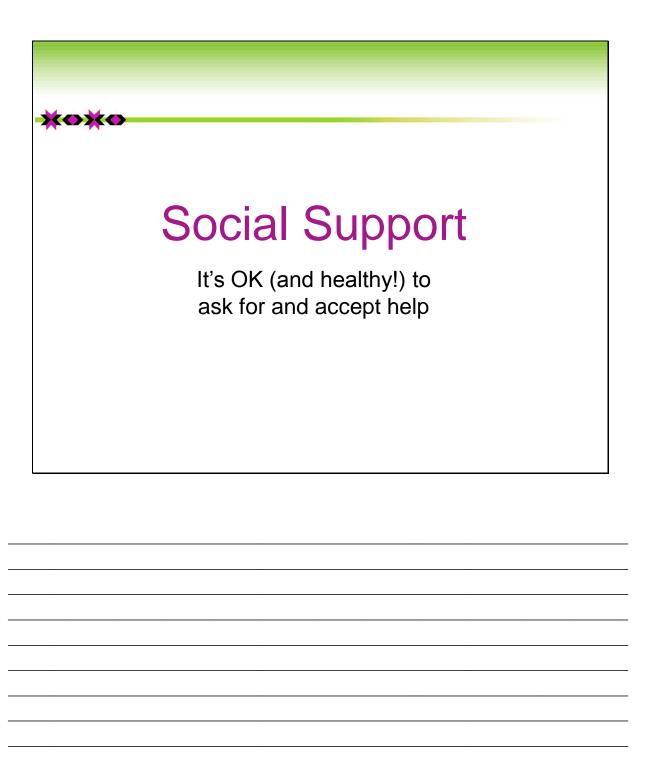


Things to Think About



- We all have a story to contribute to the group.
- Your participation supports other cancer survivors and generations to come.
- What support do you need in order to get the most out of your time in this group?





What We Will Talk About



- What you think of when we say "social support"
- The importance of social support and how it can help with stress – both cancer-related stress and everyday stress
- Where and how you can get the support you need and deserve

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Activity	
"Spider Web" Activity	

Types of Social Support



Social support can come in many forms. Here are some of them:

- **Emotional** when someone does or says something nice that helps you feel good
- Practical when someone helps you with daily tasks (such as helping around the house, giving you a ride, or bringing you food)
- Informational when someone explains or shares something you didn't know about (such as a new recipe or a healthy activity)

Social Support May Improve...



- Mood
- Ability to handle stress
- Self-image
- Feelings of control



Social Support May Reduce...



- Anxiety
- Emotional distress
- Depression
- Fatigue
- Isolation



Where do you find support?



- Family members
- Friends
- Elders
- Spiritual leaders
- Healthcare providers
- Spouse or partner
- Other cancer survivors
- Support groups



Traditional Ways and Family Support

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How do Traditional ways, your family, and your community support you?



Discussion Questions



- What helps you feel supported?
- What kind of support do you need?
- Where can this support be found?

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Things to Think About



- Social support comes in many forms
- Getting support may help you with everyday stress as well as cancerrelated stress
- There are many ways to get the support you deserve
- It's OK (and healthy!) to ask for and accept help

	Closing Circle	
