



**GIG**  
CYMRU  
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WALES

Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

Helping you cope with your  
experience of cancer

Living with Uncertainty Group

## Living with uncertainty and cancer

A diagnosis and/or treatment of cancer can lead to a range of difficult feelings, which differ from person to person. You may worry about what will happen (uncertainty).

Even in the months and years following diagnosis and treatment, you may notice feeling unsure about many things: the future, how you will cope, your physical health and your loved ones.

This uncertainty can feel worrying and difficult to cope with. You may feel anxious and low. Sometimes we struggle with these feelings and things seem to get worse.

## Who is the course for?

The course is for people who are coping with uncertainty following a diagnosis of cancer, during treatment and afterwards.

There are 10 places available at each group. If you have mobility or care needs you may bring your usual carer with you.

## When is the course running?

The 4 week course runs on Tuesday mornings at 10am-12pm

## What does it involve?

In each session we will look at ways that help you to deal with uncertainty and difficult feelings so you can focus on what matters to you.

The sessions are led by psychologists from the Aneurin Bevan Cancer Psychology Department.

The course is based on Acceptance & Commitment Therapy (ACT) which uses a mindfulness-based approach. ACT has a firm basis in scientific research and is proven to be helpful in improving people's wellbeing in many ways.

## What will the sessions be about?

**Session 1:** An introduction to ACT and how we can get 'caught up' in our thoughts and feelings

**Session 2:** Using mindfulness to notice how we usually react to our thoughts and feelings

**Session 3:** Learning ways to let go of worries and difficult feelings, so we can think what matters most to us

**Session 4:** How to carry on using these skills and how to cope with upcoming challenges

## How to book a place on the group

For more information or to book a place please speak to your Clinical Nurse Specialist, Consultant or Key worker.

## Where are the groups held?

Rivermead Centre, Fuschia Way, Rogerstone, Newport, NP10 9LZ

