

FIVE  
ADVANTAGES  
OF HAVING A  
SUPPORT  
SYSTEM



*Empowering Health*

# A LITTLE ABOUT ME

Hi, my name is Shelley



I am a triple-negative breast cancer thriver currently in remission. I was diagnosed in April 2019 and my whole life changed at that moment.

After the heavy load of information from my cancer team, the surgeries (yes surgeries, I had a few), chemotherapy, scans, and other tests, I was a bit of a trainwreck, to say the least. But as I was going through my treatments, I always felt a bit comforted knowing that I was fighting with the help of my wonderful team of doctors and my support system.

Fast forward (all treatment was done in about 8 months) I was just done. I don't mean done mentally, but quite literally....done. Done treatments, surgeries, and the intimate feeling I had knowing my doctors were right by my side.

Then....BAM!!! Silence...crickets if you will.

# A LITTLE ABOUT ME

Like I said, I was done. It seemed as fast as it started, it had ended so to speak. Don't get me wrong, I still have follow-up visits even now ( 2 years later ) however, it appeared to be like the proverbial light switch was shut off. My experience was a tough one being hospitalized for complications from chemo, the sickness I felt on a daily basis, the body pain, sleepless nights, seeing the fear in the faces of my loved ones, as well as the fear myself . My mind was all over the place needless to say.

I was a life coach and breast cancer mentor for other women before I was diagnosed, so hearing that I had breast cancer myself was a bit overwhelming. But, it changed me for the better. I know, crazy right? After seeing my own mother battle this disease and win but witness my only sister lose her life from it, I vowed to get educated on the topic and help other women. But, now that I have experienced it first hand, well, that was just the icing on the cake.

# A LITTLE ABOUT ME

So, here I am still supporting many women through their breast cancer journeys and having an even better sense of what they go through. With that said, not many talks about the support so many need and desire. We will have anxiety, fear, worry, sadness, a sense of "abandonment", and depression in some cases. So, having a support system is crucial.

And remember, if you don't have the best system in place, that is where I can come in and offer extra support, friendship, guidance, and understanding. We need not go it alone or be afraid to admit we need extra help. Having cancer can be the toughest thing a person can go through, but with more people in your corner guiding, mentoring, and relating to you, it may make things much better.

I always say..." I may walk the same path as you but I will never do it in your shoes"

But, having someone walk beside you, makes the process easier to cope with.

## A LITTLE ABOUT ME

Now that you know a little about me, and I have much more to divulge, let's get into the five advantages of having a support system. These are simple yet important things to remember. The cancer journey can seem to last the longest and unfortunately for some, it may be the rest of their lives.

Please understand that one trick may not work for everyone but practicing a variety of methods may give greater results.

You are worth every effort you put in and the payoff could be life-altering.

*You are not alone, you are  
beautiful, and you are a  
warrior!!!*

# SUPPORT

At times we may feel that we need to do things on our own without anyone else's help.

Sometimes this can be cathartic other times it can leave you with a feeling of loneliness and a mild feeling of despair.

It is very important for everyone to understand that we are not islands and it is healthy to reach out to a support system.

# SUPPORT

You may see that at different points in your life, you relied on different people for different things.

Depending on our age, needs wants, and desires, we have turned to different people in our support system to assist with different areas of our lives.

As we grow and age, some of us feel that relying on others is a flaw or limitation, that is NOT true! Reaching out to others in our support system is not a sign of weakness it is a sign of strength. It is just as important to be a support to others, as it is to be supported.

Having a good support system is a two-way street, we need to support those in our lives just as those people support us.

# SUPPORT

Here are 5  
advantages to  
having a strong  
support system

# SUPPORT

## 1. Sense of belonging:

A sense of belonging is important throughout our lives. It starts with our family of origin and our friend group as we grow from children to adolescents to adults.

*We need to thrive, not just survive.*

With a good support system in place, we can flourish and reach our potential in whatever area we are striving.

# SUPPORT

## **2. Reduce Stress:**

A strong support system aids in stress reduction. Venting and spending time with loved ones can help reduce our anxiety, and increase our mood.

Call a friend or family member to go for a walk, hike, or a yoga class when you need to reduce stress.

Having a strong support system can assist us in decompressing after a stressful day.

# SUPPORT

## **3. Improve overall health and wellbeing:**

Having good support helps with our overall physical health throughout our lives and especially cancer.

Feeling as though we are not alone can help with physical health as well as emotional wellbeing.

# SUPPORT

## **4. Emotional support:**

An emotional support system is very important as good emotional health and wellbeing can increase overall physical health.

Emotional support is pertinent to good mental health as it gives us comfort during trying times. When we take care of our mental state, our bodies will follow.

# SUPPORT

## **5. Improved self-esteem:**

When we have people we can rely on and who can rely on us for support, we feel better about ourselves. It is always good to feel as though we have some people rooting for us on the sidelines as well as rooting for those in our support system.

# SUPPORT

Sometimes we find ourselves in a situation where we do not know anyone who can relate.

If this is the case, try joining a group such as a Facebook group or community meet-up.

The idea is to find other people with similar interests as our own.

Look for organizations or churches in your area and try to slowly build a support system.

# SUPPORT

There are other options as well. As I have mentioned I work with women all over the country from diagnosis to post-treatment.

My company Empowering Health provides a safe and confidential place to talk about the tough things associated with this disease.

We work with you virtually, that way you are always in the comfort of your own home or safe space.

# SUPPORT

If you are apprehensive about getting a mentor, that is totally normal as we fear what we don't know.

But I assure you that we are a non-judgmental company and follow a strict code of ethics and confidentiality agreement.

You can chat with us anytime, ask questions, or inquire about what we offer. Just go to our website

[www.empoweringhealthlc.com](http://www.empoweringhealthlc.com)

We are a team of women helping other women move forward from where they are currently.

# Empowering Health

Coaching & Mentoring Services For Women

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