



Care and support  
through terminal illness



EasyRead version

# Living with an illness that you will probably die from

## Your feelings

### Booklet 4





# About this booklet

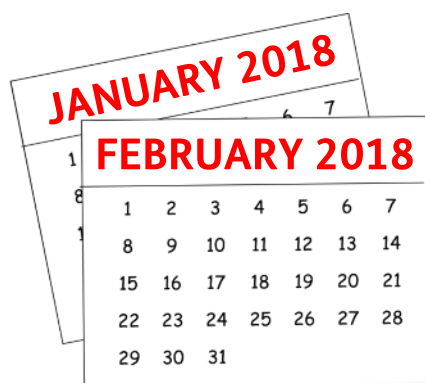
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Sometimes people have an illness that cannot be cured and that they will probably die from.



This is often called a **terminal illness**.



Depending on the illness you have, you might live for days, weeks, months or even years.



Care and support  
through terminal illness

Marie Curie is a charity. We have written this EasyRead booklet about coping with all your different feelings and who can support you.



This booklet talks about:

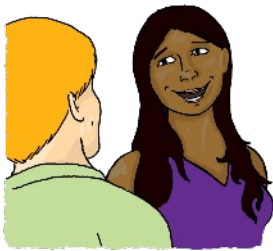
- how you might feel

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- getting help

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- things you could try to feel happier

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- how we can help

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- how you can help us

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We have 4 other booklets about living with an illness you will probably die from.



There is a list of these booklets on page 22.

## How you might feel

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People who are ill will have lots of mixed feelings about it. These can be hard to deal with. But you are not alone and there are things you can do about your feelings.



Try not to ignore these feelings.



There is always someone who can help or listen to you.



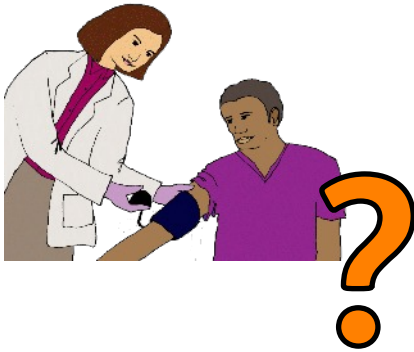
The next few pages talk about some of the feelings you might have.

# Not knowing what is happening

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Having an illness you will probably die from can make you feel unsure about things. You may have questions like:



- how will my health change?



- will it affect the way I am with other people?



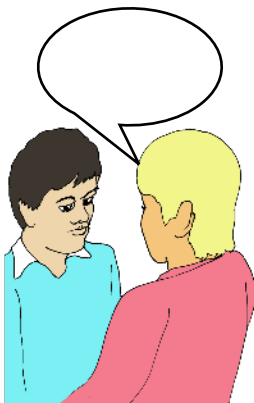
- how long will I live for?



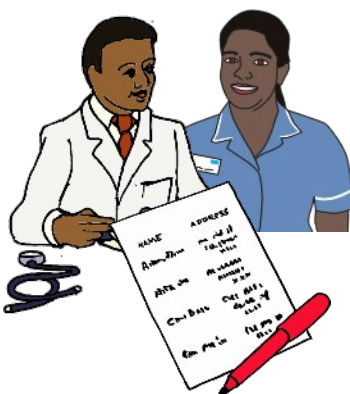
It can feel too big to think about or deal with.



It might help if you talk to your family or friends.



You might want to talk to someone who is going through the same thing.



Your doctor (GP) or nurse can help you get in touch with someone to talk to, such as a **counsellor**.



**Counsellors** are specially trained to help you talk about your feelings.





## Pretending nothing is wrong

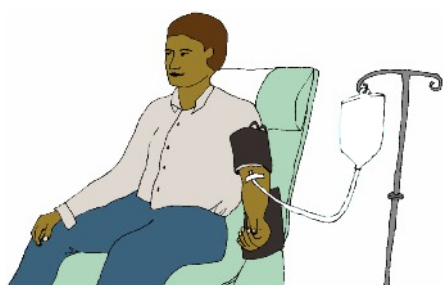
You might want to pretend nothing is wrong.



You might not want to know anything about your illness or talk to anyone about it.



Tell people if you do not want to think or talk about your illness.



But make sure this does not stop you getting the treatment or support you need.

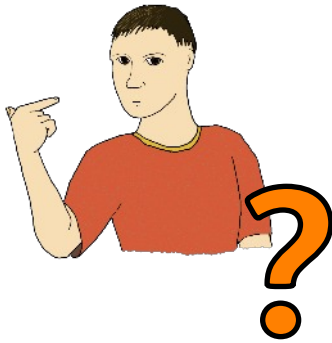


If this is a big problem, you can talk to a **counsellor**.



## Feeling angry

It is normal to feel angry about your illness sometimes.



You might want to shout 'why me?'



You might be cross about the way you found out you were ill.



You might not like the way it has changed what you can do.



We have trained staff on our Support Line who can listen to you if you feel angry.



You can call our Support Line on  
**0800 090 2309.**



## Feeling guilty

You might feel guilty about being ill.



You might think it is your fault or that you could have seen a doctor sooner.



You might worry about needing people to look after you.



Many people feel this way.



But you should try to think about:

- what is important to you now



- how to live life as best you can



- celebrating the good things that have happened in your life.



## Feeling frightened

It is normal to feel worried or scared about things like:



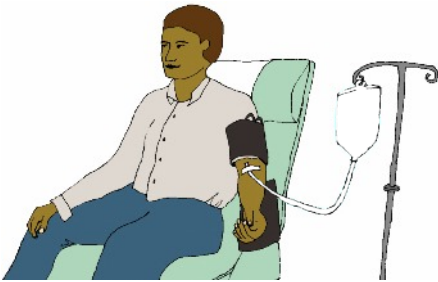
- pain



- dying



- how the illness will affect you



- how the treatment will make you feel



- how people will cope when you die.



Remember you are not on your own.



Tell your family, friends, doctors and nurses about things that scare you. They can help you.



## Feeling alone

You might feel alone because you feel different or do not go out as much.



Talking to someone can help. This can be your doctor, nurse or a **counsellor**.

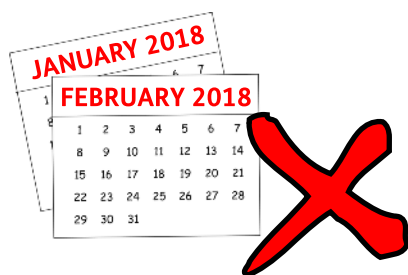


You can talk to other people who have been through the same thing. Or you can call our Support Line on **0800 090 2309**.

## Feeling frustrated

You might feel frustrated because:

- you cannot do things you used to do
- you do not know what is happening
- it is hard to plan for the future.



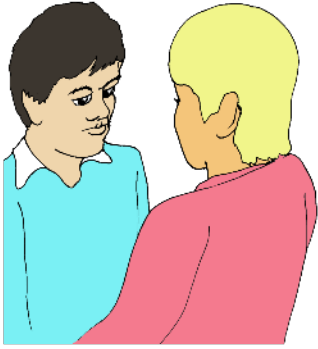
Many people find it helps if they do small things to help them feel more in control of their life.



## Believing you will probably die

It can take time to understand and believe that you have an illness that you will probably die from.

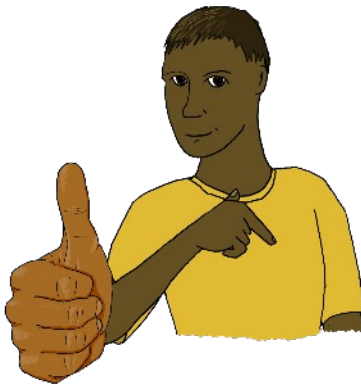




You might not believe it until you have had long talks with the people you know.

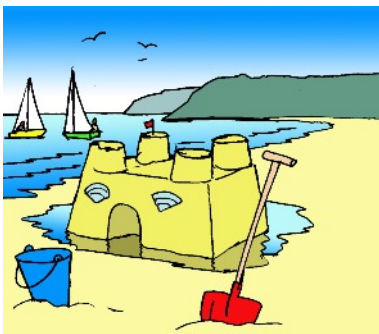


When you do understand, it may help you feel calmer and in control.



## **Thinking about your life**

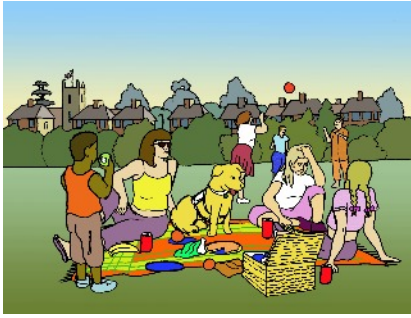
You might start to think about what is really important to you. This might include things that have happened in your life or people that you love.



You might want to do things you always meant to:

- go somewhere new on holiday





- go to places with special memories for you



- make friends with someone you argued with.



You can ask people you know to help you do this.



Thinking about your life can sometimes make you sad and can also make you feel happy.



Thinking about good things you have done can also make you feel happy.

## Getting help

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You might feel very worried, sad or scared. You may try to hide this from your family and friends.



Everybody feels like this sometimes. If it last for a long time and gets worse, it might be **depression**.



Depression is a mental illness. It can be treated so it's important to ask your doctor or nurse for help.



They can tell you about things that can make you feel better like:

- exercise



- eating healthy food



- doing things you enjoy



- **complementary therapies.** These are treatments that can help you relax or sleep better. They include things like massage or yoga.



Your doctor might also suggest you take medicine to help treat your depression.



It might be easier to talk to someone you do not know, like a **counsellor**.



Your doctor (GP) or nurse can also help you find a **counsellor**.



Many charities have support groups or helplines.



You can call us on our Support Line:  
**0800 090 2309.**

# Things you could try to feel happier

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You might feel that nothing can make you feel happier. But there are many things you can do to feel better.

Some of these things might help when you are ready to try them:



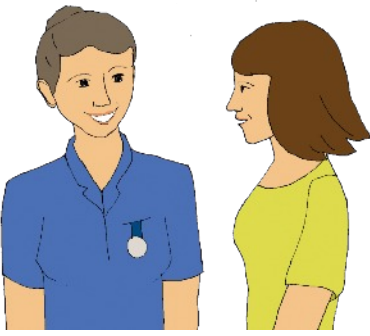
- talk to family and friends you trust and feel happy with



- eat well and do not drink too much alcohol



- do things you enjoy and try not to get cross if it is harder to do them



- talk to your nurse or doctor (GP)



- talk to a **counsellor**



- join a support group for people with your illness. You can find out how other people cope



- your doctor (GP) or nurse may be able to tell you about a support group in your local area



- talk to other people online. Lots of charities have websites where you can get in touch with other people





- speak to a religious leader about your beliefs and faith.



You might not want to try any of these things now. Do not worry and perhaps try them when you feel ready.

# How we can help

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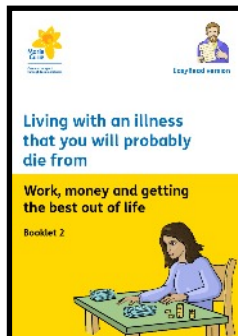


There are lots of different ways we can answer questions or support you and your family.

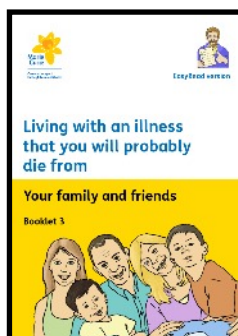


We have 4 other booklets about living with an illness you will probably die from.

1. Who can help?

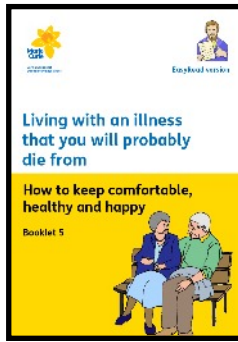


2. Work, money and getting the best out of life



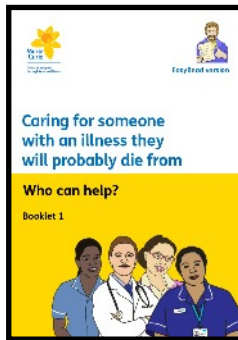
3. Your family and friends





## 5. How to keep comfortable, healthy and happy.

We have 3 booklets about caring for someone with an illness they will probably die from.



### 1. Who can help?



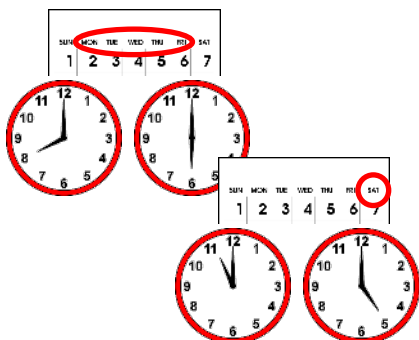
### 2. Looking after yourself



### 3. Money and work.



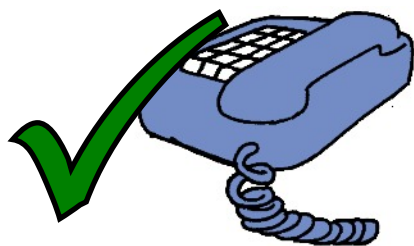
You, your family or friends can phone us to talk about what is happening and how you are feeling. You can call our Support Line on **0800 090 2309**



It is open 8am – 6pm Monday to Friday and 11am to 5pm on Saturdays.

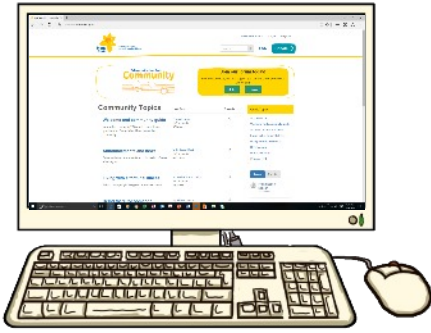


There is also information on our website: **[www.mariecurie.org.uk/help](http://www.mariecurie.org.uk/help)**



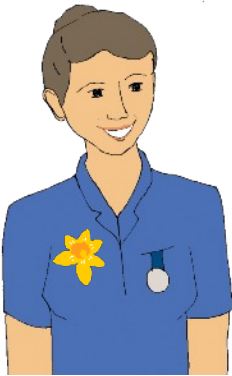
The information on our website is not EasyRead but if you call us we can explain things to you.

## Marie Curie Community



Share ideas or talk to other people with an illness that cannot be cured, and their families.

**[www.community.mariecurie.org.uk](http://www.community.mariecurie.org.uk)**  
24 hours a day



## Marie Curie Nurses

If you want to stay in your own home when you are dying our nurses can care for you.

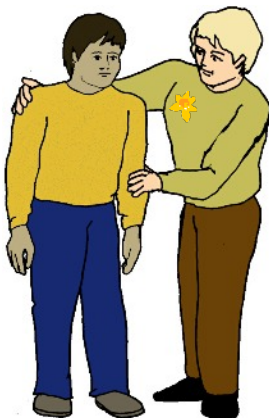
**[www.mariecurie.org.uk/nurses](http://www.mariecurie.org.uk/nurses)**



## Marie Curie Hospices

A hospice is a place that cares for people who have an illness they will probably die from and supports their families.

**[www.mariecurie.org.uk/hospices](http://www.mariecurie.org.uk/hospices)**



## Marie Curie Helper

Our trained volunteers can visit you for a chat or take you to appointments at your doctors' surgery or hospital:

**[www.mariecurie.org.uk/helper](http://www.mariecurie.org.uk/helper)**

## How you can help us

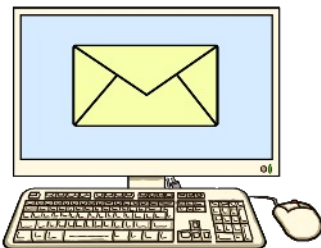
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Please tell us what you think about this booklet.



It will help us to write better information for people with an illness they will probably die from.



You can email us at:  
**[review@mariecurie.org.uk](mailto:review@mariecurie.org.uk)**



or call our Support Line on:  
**0800 090 2309.**

## Credits

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Care and support  
through terminal illness

This is an EasyRead booklet about living with an illness you will probably die from.

It was written by the charity Marie Curie.

It uses easy words and pictures to make the information easy to understand.



It meets the European EasyRead Standard.



Leading **Lives**  
Your life / Our support

It has been user-checked by the **Making It Easier Group** of people with learning disabilities.



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**[www.inspired.pics](http://www.inspired.pics)**

# Marie Curie – why we're here

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**We're here for people living with any terminal illness, and their families. We offer expert care, guidance and support to help them get the most from the time they have left.**



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