

Staying in the Circle of Life

Body Image and Intimacy

Session 5







	Welcome	

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?

What We Will Talk About Today



- Changes we have seen or felt in our bodies
- The effect of these changes on our daily lives
- The impact of cancer and cancer treatment on intimacy
- Communication with partners and doctors about intimacy



Why are we talking about body image?



- Cancer and cancer treatment can lead to many changes:
 - Changes in how our bodies look
 - Changes in how our bodies work
 - Changes in how we feel about our bodies
- It's important to understand how we feel about these changes.
- It's also important to learn to love our bodies the way they are.

Have you noticed changes in your body?

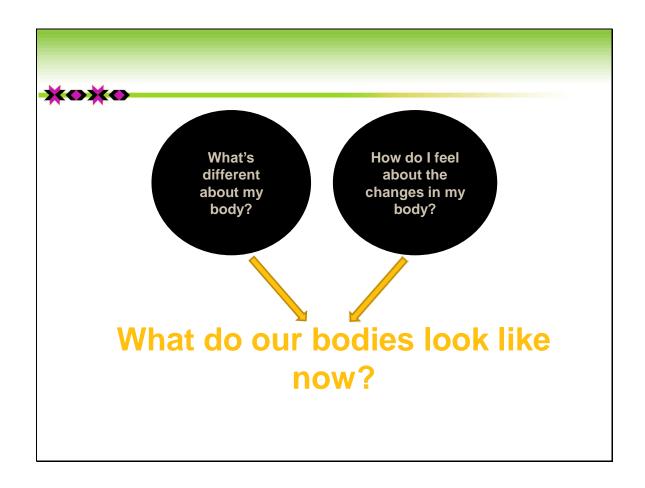


For some people, physical changes might include:

- Hair loss
- · Weight loss or weight gain
- Tooth loss
- Scars

Some people find that physical changes also lead to changes in their daily lives. These might include:

- · Finding it hard to meet new people
- Trying to hide their bodies and things that have changed from friends and partners



How can we feel good in our bodies?



- Keep a positive self-image
- · Be active
- Wear clothes that make you feel good and comfortable
- · Take care of your skin
- · Talk to your friends and family
- Look into support for hair loss or change (wigs, hats, scarves)

Activity *** Conduct Art Expression Describe the Mirror Activity

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What comes to mind when you hear "intimacy"?



We are going to discuss how cancer and treatment affect intimacy, including –

- Identifying ways to resolve intimacy issues
- Practicing communication with doctors and partners
- Learning how to talk about intimacy after cancer

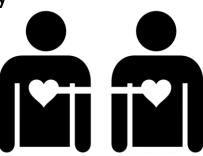


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Sources of intimacy problems



- Treatment effects
- Worries
- Self-perceptions of sexuality
- Partners' reactions
- Fatigue
- Relationship challenges
- Stress



How can we feel good about ourselves and our strengths?

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- Change negative thoughts
- Eat healthy foods
- Be physically active
- Deal with grief and loss



How can we work with our partners to encourage intimacy?

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- Be comfortable with yourself
- Talk to each other
- Maintain touch and be affectionate



Activity



- What are some changes you've noticed about your body?
- What are some steps you can take to have a positive view of yourself and your body?
- What have you done to address intimacy or intimacy concerns with your partner?

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Things to Think About



- Cancer can aπect intimacy, sexuality, and sex.
- Intimacy, sexuality, and sex are important to help you find your "new normal."
- Communicate with your partner about how you feel and what you need.
- Feel comfortable with your own body.
- We can (and should) still feel good about our bodies!

* 0 * 0	Closing Circle	
