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If you are having problems during business hours (8:30 a.m. to 5:00 p.m.), please call (732) 235-2465 and the operator will direct your call. If it is after business hours, on a holiday or weekend, please call the same number and our answering service will assist you.

Rutgers Cancer Institute of New Jersey
Patient Education Committee
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Preparing For Allogeneic Bone Marrow Transplant

Social Work Support

Packing Your Emotional Bag



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We are asking you to do something you may have never thought about. Your typical methods of coping may not be enough.

What do I Need to Pack in My Emotional Bag?

- ☐ Resiliency
- ☐ Strategies for Releasing and Managing Emotions
- ☐ Spirituality
- ☐ Cultural Values
- ☐ Social Relationships

Resiliency is a type of inner strength that allows us to emotionally recover from difficult situations. It is also the ability to maintain physical and emotional well-being in the face of adversity.



Strategies for Releasing and Managing Emotions –

- Writing – journaling, gratitude diary
- Talking
- Mindfulness
- Distraction
- Relaxation exercises



Spirituality –

- For some, spirituality may be formal Religion, for others it may be a sense of meaning and purpose.
- Stay focused on your goals and what you want from your life.
- Use your spirituality to work toward a sense of peace.



Cultural Values –

- Family
- Tradition
- Health
- Respect for self and others
- Self-compassion



Maintaining Social Relationships with Family and Friends –

- It is important to make an effort to stay connected to family and friends even when it's hard to do (email, calls, texts, blog posts, social media, old fashioned letters/cards).



Remember your F.D.R. friends!

F – “Feeling” Friends

These are friends that will be there for you in your darkest hour, to cry on their shoulder.

D – “Doing” Friends

These are friends that will bring food, run errands, shovel your driveway, etc.

R – “Respite” Friends that can help distract you and you can have fun with!

Each one is valuable in their own way.