

For Questions or More Information:

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Rutgers Cancer Institute of New Jersey Resource and Learning Center 732-235-9639 www.cinj.org/rlc 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 Revised 4/19

Preparing For Allogeneic Bone Marrow Transplant



Packing Your Emotional Bag



RUTGERS Cancer Institute of New Jersey RUTGERS HEALTH



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?**

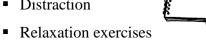
- □ Resiliency
- Strategies for Releasing and **Managing Emotions**
- Spirituality
- **Cultural Values**
- □ Social Relationships

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



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.

