



**Marie  
Curie**



EasyRead  
version

Living with an illness you will  
probably die from  
**Your feelings**



## About this booklet

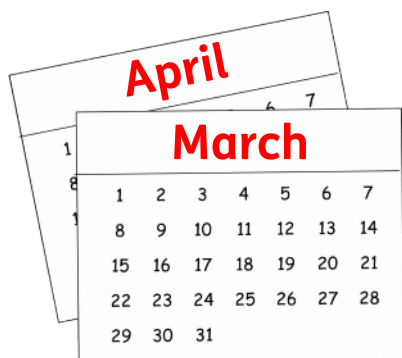
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Sometimes people have an illness that cannot be cured and which they will probably die from.



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



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



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



You may want to read this booklet with someone you feel comfortable with. You can talk about what this booklet says together.

This booklet talks about:



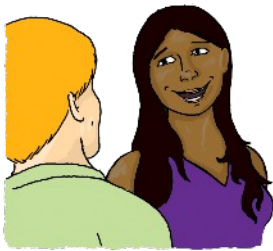
- how you might feel

**page 4**



- getting help

**page 17**



- things you could try to feel better

**page 20**



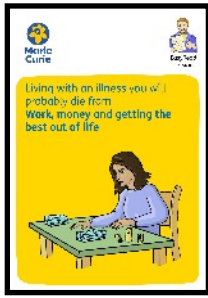
- how Marie Curie can help

**page 23**



- how you can help us

**page 27**



- how this booklet was made **page 28**



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



There is a list of these booklets on page 23.

## How you might feel

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When you are ill you might have lots of different feelings. These can be hard to deal with. But you are not alone and there are things you can do about your feelings.



This booklet shows what some people think and feel some of the time, but everyone is different. It is OK if this is not how you feel.



Try not to ignore your feelings.



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

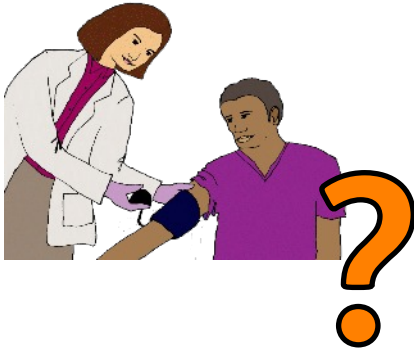


The next few pages talk about some of the feelings you might have.



## Not knowing what is happening

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?



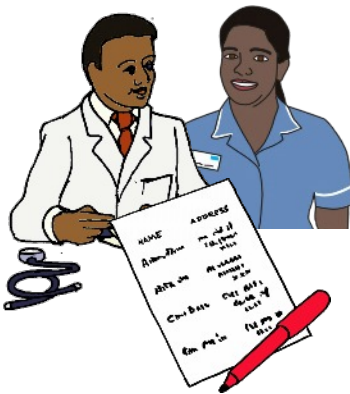
It can feel too big to think about or deal with.



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 talk about your illness.



But talking about your illness could make you feel better. Talking about it can make sure you get the support and care you need.



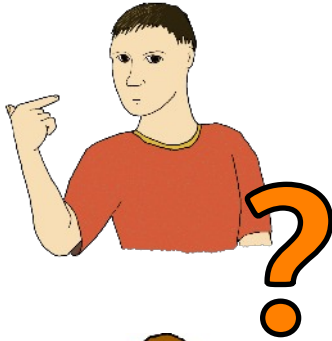
If you find it difficult to talk about your illness, a **counsellor** might be able to help you.





## Feeling angry

It is normal to feel angry about your illness sometimes.



You might want to shout 'why me?'



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



You might feel angry because you have to have treatment for your illness.



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:



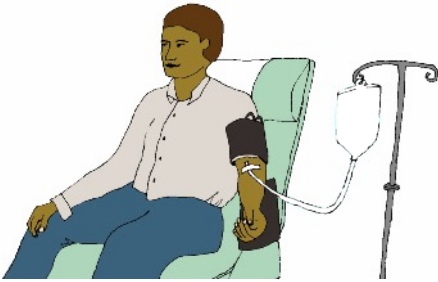
- pain



- 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

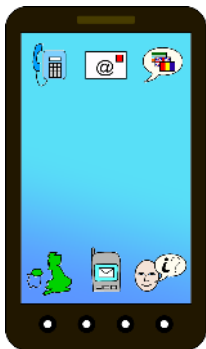
You might feel alone because you feel different or do not go out as much.



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 be able to do on your own



- you do not know what is happening



- you might not be able to go somewhere or do an activity that you wanted to do, because of your illness.

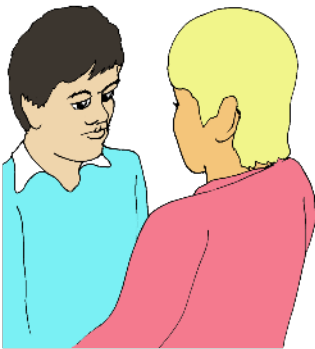


Some people find it helps if they do small things to help them feel more in control of their life.



## Understanding 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 your doctor or other people you know.

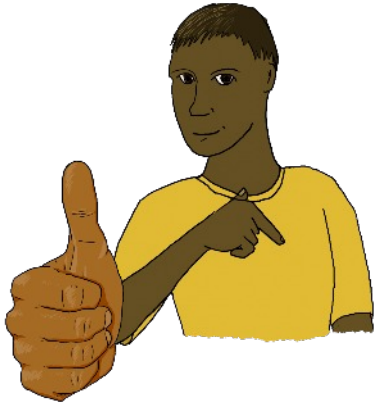


When you do understand, it may help you feel calmer and in control.

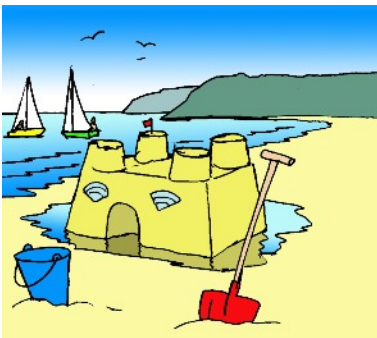


Don't be afraid to ask your doctor or nurse questions more than once, if you think it could help you understand better.

## Thinking about your life



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



You might want to do things you always meant to, like:

- 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 but 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 lasts for a long time and gets worse, it might be **depression**.



If you have depression, you might not feel like doing things you used to enjoy.



Depression is a mental illness. It can be treated so it's important to ask your doctor (GP) 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



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



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



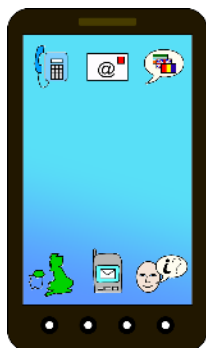
It might be easier to talk to someone you do not know, like a **counsellor**.



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 on **0800 090 2309**.

## Things you could try to feel better

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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:

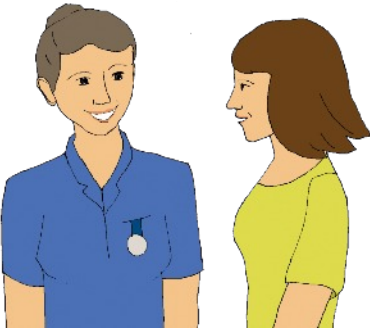
- talk to family and friends you trust and feel happy with.



- eat well and do not drink too much alcohol.



- do things you enjoy and try not to worry 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 or disability. A support group can help you find out how other people cope.



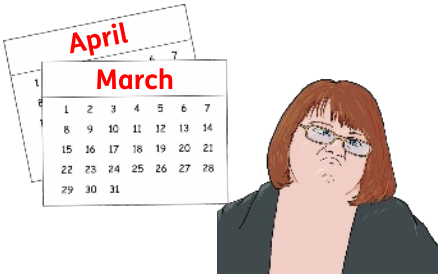
- your doctor (GP) or nurse may be able to tell you about a support group in your local area.



- 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 these things now. That's OK. Perhaps try them when you feel ready.

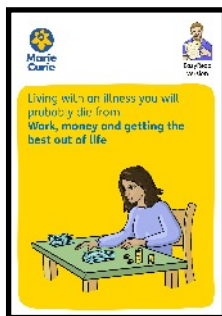
# How Marie Curie can help



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

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

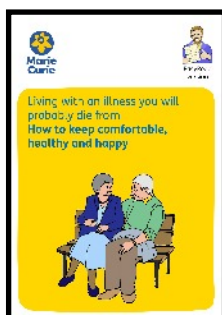
Who can help?



Work, money and getting the best out of life



Your family and friends



How to keep comfortable, healthy and happy



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



Who can help?



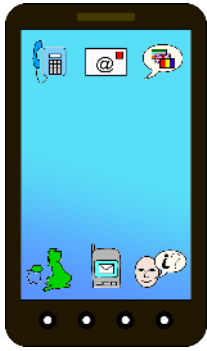
Looking after yourself



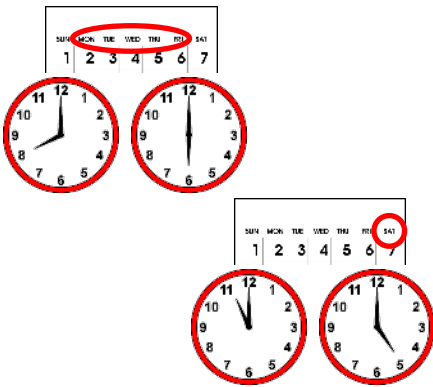
Money and work



We also have a booklet on feelings people might have when someone dies.



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 – 5pm on Saturdays.

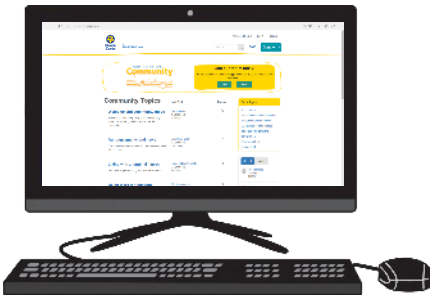


There is also information on our website: [www.mariecurie.org.uk/support](http://www.mariecurie.org.uk/support)



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



Some people want to stay in their own home when they are dying. Sometimes a Marie Curie Nurse can help give care at home:

[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 can support their family and friends: [www.mariecurie.org.uk/help](http://www.mariecurie.org.uk/help)

## Marie Curie Companion



Our trained volunteers may be able to visit you for a chat or take you to appointments:

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

## How you can help us

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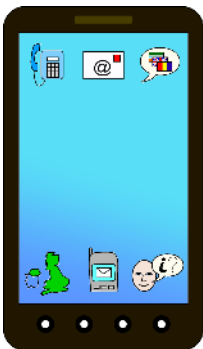
Please tell us what you think about this booklet.



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.**

## How this booklet was made

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

It was written by the charity Marie Curie.

This booklet uses words and pictures to make the information easy to understand.



It meets the European EasyRead Standard.



The **Your Voice Counts** - making EasyRead information.



Artwork includes material from the Inspired EasyRead Collection and cannot be used anywhere else without written permission from Inspired Services.

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



How you use this booklet is up to you, not Marie Curie.



You should still get information from your doctor (GP), nurses, or other professionals.



It can help to speak to your doctor or other professionals before you decide about things like your health, care and finances.

# 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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