



IDEAS FOR
CELEBRATING
CHRISTMAS &
NEW YEAR HOLIDAYS

*Dedicated to our
cancer patients*





It s Christmas time, open your heart and dream... Live the atmosphere...

- Try to be yourself and avoid overthinking of your health condition.
- Consult your doctor on potential side effects from your disease or treatment, since looking for a pharmacy these days can be stressful.
- Keep a supply of any medication you may need. The most common types of medication you may need are painkillers, anti-nausea and anti-diarrhoea tablets, and laxatives. Find out what kind of medication might be useful and make sure you have it with you.
- Ask your doctor if you are immunosuppressed, as some people mistakenly believe their immune system is weak and avoid social interaction. However, not all chemotherapy, radiotherapy or other types of treatment necessarily cause this. So don't miss out on interacting with your favorite people for no apparent rea-son.
- Don't isolate yourself! Keep in touch with people, whether in real life, by phone or social media. Stay active and social online, download applications and join groups that can help you share information or meet people who know what you're going through. Some applications allow you to have a virtual drink with a friend or play an online game.





- Talk to your relatives and friends, get emotional, and if you feel the urge to do so, you can cry even more intensely. If it's good for you, share your problem with others, but try to keep it short so you can enjoy the rest of the day.
- Hug your loved ones or pets as much as you can.
- You can ask for their help if there is something you need. For instance, they could buy some presents on your behalf or send a greeting card to a person that is far away.
- Keep your house or garden clean and tidy or ask for some help. If possible, try to change the room that you spend most of your time in or try redecorating it.
- Decorate your house. If you're feeling tired, the decorating process can become more fun if you have friends and family around for assistance and social interaction.
- If you are uncomfortable with your new body image, here are some ways to boost your confidence: a) Take a shower with your favorite soap or shampoo, b) Have your hair or makeup done at home by a hairdresser or aesthetician, c) Put on clean shoes and clothes, d) Put on makeup, your perfume or aftershave.
- Think about your favorite foods, desserts, drinks and beverages. Make a list of the ingredients you need and ask your doctor which ones you are allowed to have and in what quantities.



- If some ingredients are not allowed, ask about possible alternatives.
Find out what restaurants, bakeries, theater and cinema venues are open during these days.
Some therapies may cause a change in the taste of food (metallic taste or just different).
- Use a different water brand or try adding some spices to your food.
- You can experiment with new savory or sweet recipes and even beverages/drinks from various parts of your country or different countries.
- Try different local recipes (from the ones you're used to making).
- You could adopt festive traditions from different countries. Here are a some examples: a) Stollen from Germany (a bread type with dried fruits, nuts and icing sugar), b) Brunli from Switzerland (chocolate cookies with cinnamon and clover, covered with granulated sugar), c) Banketstaaf from the Netherlands (marzipan rolled up in dough and orange jam), d) Truchas de Navidad from the Canary islands (small crescent-shaped pastries filled with yams and almonds) etc.
- You could try an online search to find the recipes that suit you best in terms of taste and ingredients allowed.
- You can adopt festive customs from different nations. In Iceland, there is a special tradition called Jolabokaflokkur or "Christmas book flood" where families exchange their Christmas gifts at Christmas Eve. The gifts are books and the family members read them altogether while drinking hot cocoa.



- Have a small celebration wearing your tracksuits or pajamas. Having comfortable clothes on will make you feel more relaxed.
- Take part in team events in your city or religious places (church service).
- Play board games (e.g. chess, backgammon).
- Sing happy songs, carols (especially in pediatric oncology), dance and do not hesitate to celebrate. Music is therapeutic. In a pediatric oncology ward in Milan, Italy, the patients created a Christmas song that went viral. It was called 'Christmas balls' because of the tree decorations, snowballs and bald heads caused by chemotherapy.
- Humor is good for you! Look out for clever jokes and films. They will cheer you up.
- Read interesting books (as well as audio e-books).
- Watch concerts, theatrical plays (on TV) or visit museums (virtual tours are also available).
- Surprise yourself or your loved ones with a present after an online shopping spree. It is so much more convenient since it can be delivered at your door.
- You should act and think in a way that will give more meaning to your life and encourage you to move forward. You could focus on: a) caring for the environment (e.g. planting a tree), b) increasing your creativity (e.g. making greeting cards through arts and crafts), c) volunteering - increasing your empathy (e.g. offering your advice to vulnerable social groups who need it).





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