

Cervical Cancer: The Psychological and Emotional Effects

Women that are diagnosed with serious health conditions such as cervical cancer are facing a lot of dilemmas which include physical changes and discomforts as well as emotional and psychological stress. Having been diagnosed with this disease is not just physically exhausting, but emotionally draining as well.

From the moment that a woman is going through the screening process, from the time that the doctor breaks out the bad news that she has cervical cancer, and up to the time she is undergoing the cancer treatment, she has been dealing with a lot of stress already. Thinking about the surgery can really be so tiring and overwhelming because of the anxiety. This is why women diagnosed with cervical cancer are irritable and most of the time emotional. Significant others have to keep in mind that women who undergo hysterectomy are not just physically affected because of the hormonal rollercoaster changes but the emotions are also on the line. At this point, emotional and psychological health should also be focused on.

Coping with cervical cancer can absolutely be challenging and patients would sometimes need to seek professional help to effectively deal with the situation. If a woman is extremely overwhelmed by the emotions after having been diagnosed with the said disease, it is awfully important to talk to a psychologist. Depending on the assessment regarding a patient's psychological status, the doctor may have exclusive one-on-one treatments or he can recommend that she joins a cervical cancer support group. The chance of being emotionally stable is great when a patient has the chance to interact with people with the same case, especially those who have survived cervical cancer because she can totally relate to the people in the group.

Here are some helpful tips that can help cancer patients take care of their emotional and psychological health:

1. **Think of the future.** The recovery phase is a long process, and it would be a great time to reflect and see life in a new perspective. What is best is to plan and think about how to improve the quality of life and make long-term plans. Modifying lifestyle is the first big step; avoid all the vices like cigarette smoking and alcohol drinking and focus on nutritious diet and exercise.
2. **Let out all the emotions.** "Unbottle" all those feelings and sentiments, so they say. Analyze all the things that causes so much stress and focus on the solutions to make the situations better.
3. **Engage in regular physical activities.** This will not just give cancer patients a great physique, but it will definitely keep them from dwelling on the pains of having cervical cancer. Based on expert studies, exercise can reduce fatigue, relieve anxieties, and ease depression.
4. **Seek out emotional support.** It is not healthy to keep all emotional burdens to oneself. It would be better to seek for support from family, friends, cervical cancer support groups, church and, of course, mental health professionals so that coping with psychological and emotional stress can be a little easier.