



# Finding Light in the Darkness



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Thriving Together -  
Gynecologic Cancer  
Survivorship Conference  
1-10-25



When I say

*i hope you're ok*

I mean; I know you're not *ok* but I hope that the sadness isn't overwhelming you. That you can see cracks of light in the dark. That the shadows are letting you break and hurt and heal without swallowing you up.

And that you know you're not alone, even in the moments when it really feels like you are.

@thegrievingdaughter



“In the midst of darkness, light persists.”

~ Mahatma Gandhi

“Darkness will always  
give you an opportunity  
to create your own light.”

~ Iain Thomas

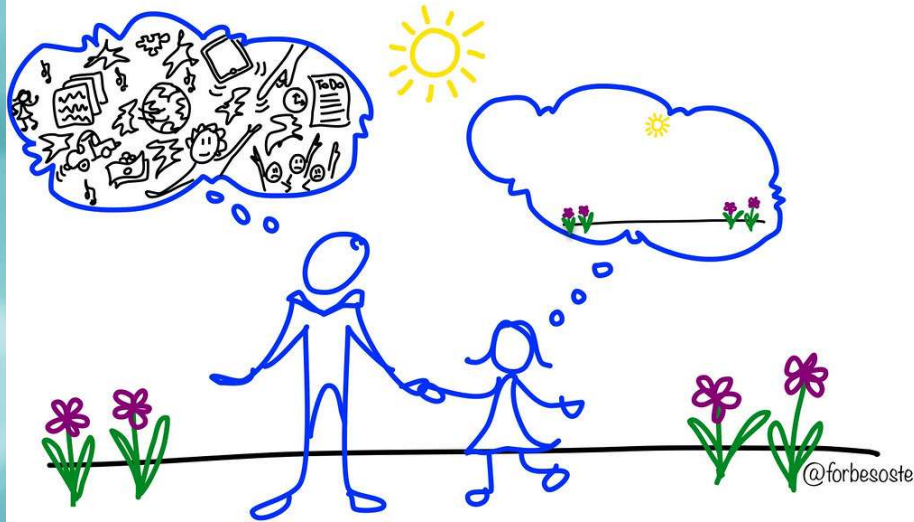
There is a crack in  
everything, that's how  
the light gets in.”

~ Leonard Cohen





## Mind Full, or Mindful?



**Enter words or short phrases  
that are examples and sources of light.**



<https://app.sli.do/event/jEMYXNscrtLSr2NSJqVLKN>

Where do you find light in the dark?

“Darkness is only the absence of light.  
Turn on a light and it banishes the darkness.”

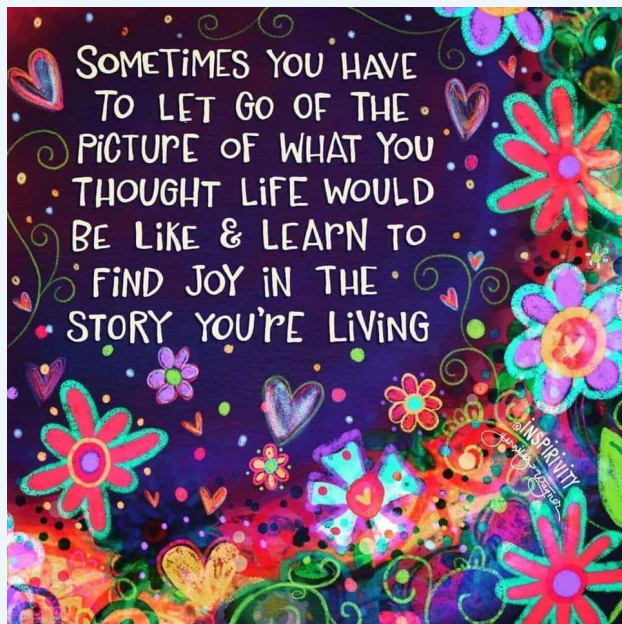
~Terry Pratchett

"Even when the days are dark, remember the light  
within you shines brightly."

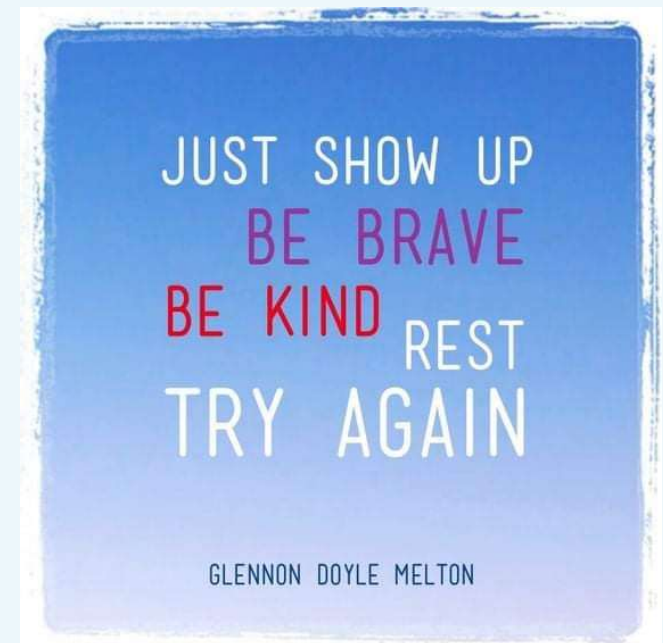
*There is no dark switch.*



What is it you need to hear or practice  
to “light”en your experience with cancer?



Self-Care  
*and*  
Self-Compassion



Trauma, Coping Strategies, & Strengths: [Choosing Therapy Workbook 2024](#)




REMINDER

# Time to Self-Care


↓

Self-care refers to practices that promote physical, mental, and emotional well-being, and enhance overall quality of life.

[www.reallygreatsite.com](http://www.reallygreatsite.com)



Self-care is an act of self-love.



Slow down (physically)! There's a lot going on in the slow lane.



it's not selfish to  
*Love Yourself,*  
**TAKE CARE**  
of yourself  
& to make your  
**HAPPINESS**  
a priority.  
*it's necessary*

*Mandy Hale*

[www.nomadsoulzz.com](http://www.nomadsoulzz.com)

 **Self-Care**

B	I	N	G	O
Fed myself	Exercised	Got a massage	Took time for myself	Danced
Practiced gratitude	Played with an animal	Did a hobby	Meditated or prayed	Spent time in nature
Went for a walk	Talked with a friend	FREE SPACE	I showered today	Took a nap
Took quiet time out	Played an instrument	I did nothing	Read for fun	Brushed my teeth
Brushed or did my hair	Listened to music	Bathed	I wrote down my feelings	Stretched

Taking care  
of your mind &  
thoughts

Taking care of  
your physical  
health & body

# Self-Care

Increasing your  
own well-being through self-  
care behaviors

Taking care  
of your spiritual  
health

Taking care of  
your emotions

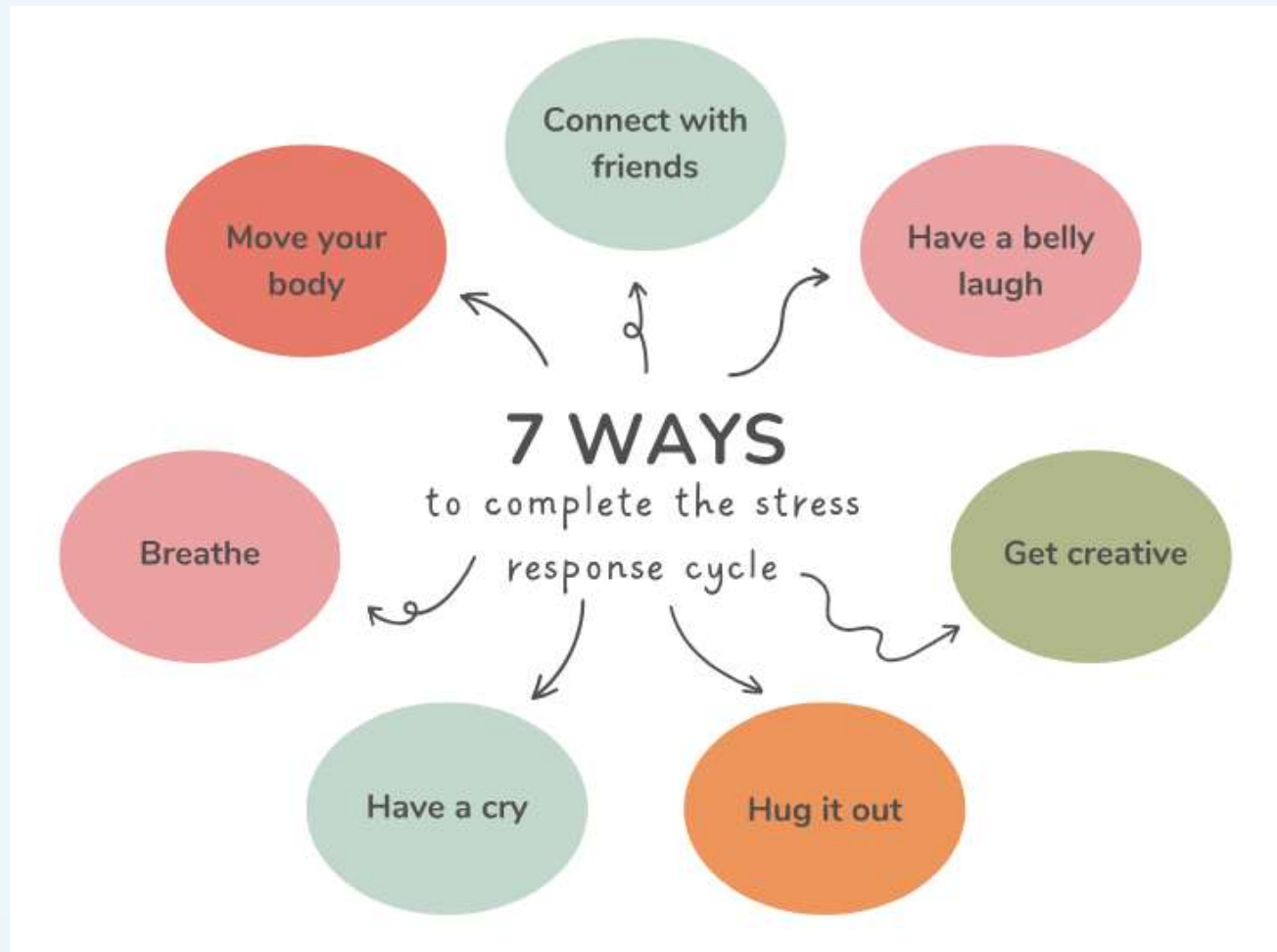
© Dr. Claire Nicogossian 2014 [www.momswellbeing.com](http://www.momswellbeing.com)



Play!  
Sing!  
Dance!  
Create!

**Mindfulness:** the simple act of staying in the present moment, noticing new things, and flexibly responding to changes.

*Do what is helpful and meaningful to YOU!*



**What self care habits are you likely to adopt or continue?**



<https://app.sli.do/event/jEMYXNscrtLSr2NSJqVLKN>

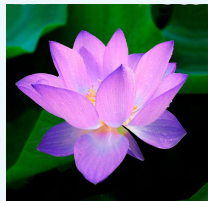
May the Light Always  
Follow You



# Thank You!



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**CG** Colorado Gynecologic  
**CA** Cancer Alliance

Community | Connection | Support

*Formerly Colorado Ovarian Cancer Alliance (COCA)*

Programs designed to provide support to people living with gynecologic cancers through supportive services, advocacy and education. Contact us

- Carol's Wish – Financial Navigation
- Support Services:
  - Nicki's Circle peer support groups
  - Individual illness-focused counseling
  - Resources, information, connection



**[www.gyncancercolorado.org](http://www.gyncancercolorado.org)**