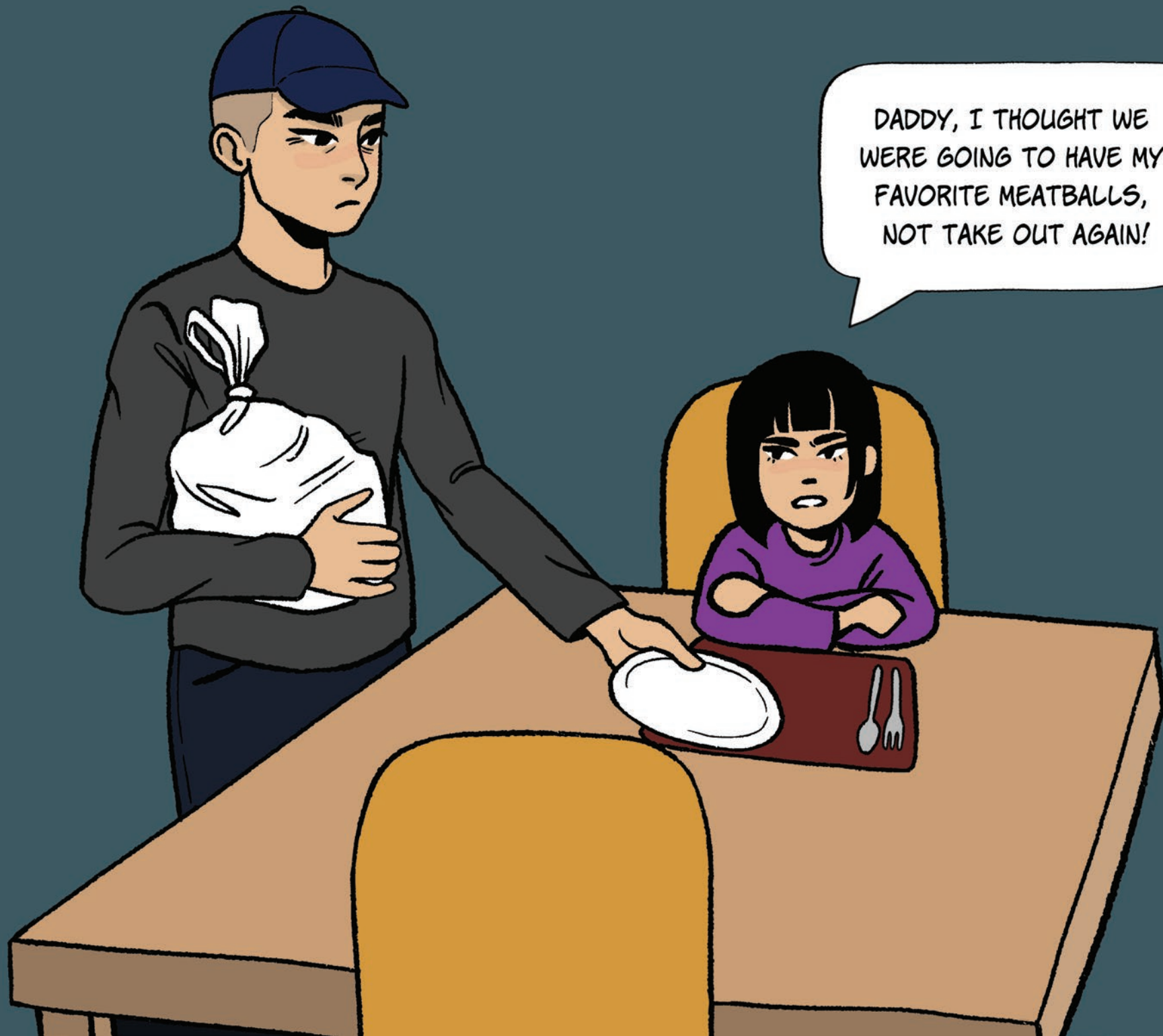


Meet David! His day is kept busy by coaching soccer for his daughter's team, making dinner for the family, and tucking her in at night. He also gets chemo for his cancer.



I WOULD LOVE TO READ YOU A STORY, BUT AFTER TREATMENT THIS MORNING AND MAKING DINNER AFTER SOCCER I AM JUST TOO TIRED.

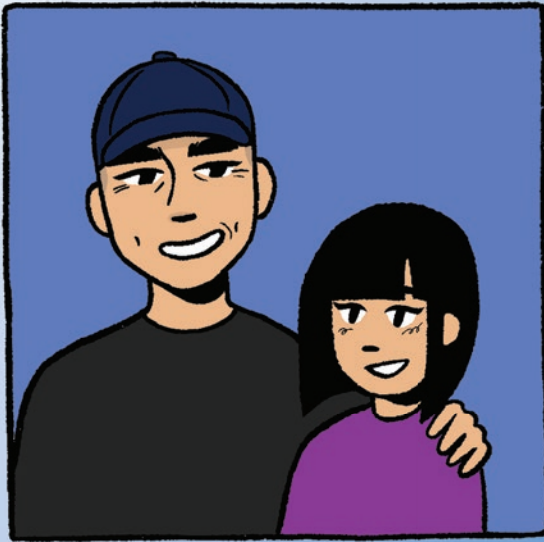


DADDY, I THOUGHT WE WERE GOING TO HAVE MY FAVORITE MEATBALLS, NOT TAKE OUT AGAIN!

Identify the problem...



Chemo has left David too low energy to do the things he enjoys for his family.



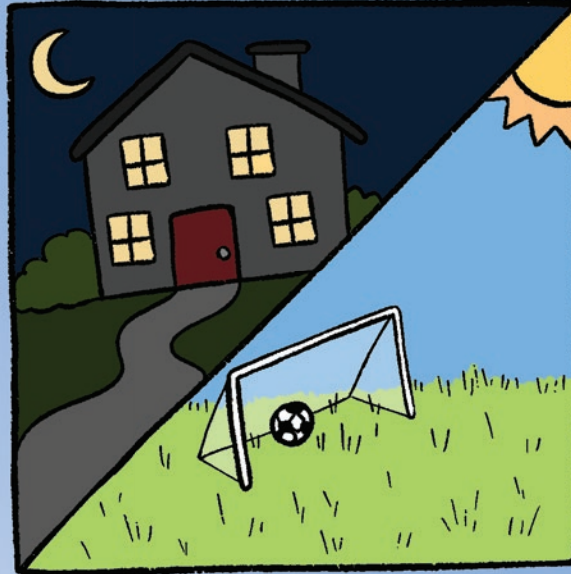
who



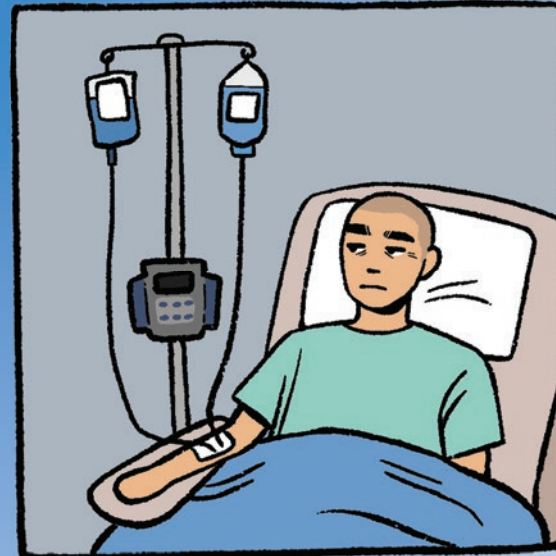
what



when



where



why



Bring in a housekeeper

Ask family or friends for help

Talk to other parents with cancer for support and encouragement

Make dinner over the weekend for the week

Cut back on activities/step away from coaching

Continue as is?

Define your options



Evaluate

possible solutions

What works for David and his family?
What seems manageable? What seems unreasonable?



~~Bring a
homeworker~~

Ask family or
friends for help


Talk to other
parents with cancer
for support and
encouragement

~~Go back to
activities, keep away
from coaching~~

Make dinner over the
weekend for the week

Continue as is?

Act!



I UNDERSTAND
HOW YOU'RE
FEELING, BUT
YOU'RE DOING A
GREAT JOB!

Try the solutions you decided on!

NOW WE CAN
SPEND MORE TIME
TOGETHER DURING THE
WEEK EATING YOUR
FAVORITE MEALS

See

how it worked



**Life may look different, but with Bright IDEAS
David found a way to get more rest and still
have time with his daughter.**





Bright IDEAS[®]