

Difficulty making plans

Your feelings can change when you are told you have cancer. You might be worried about how cancer treatment will affect you. You might be anxious about whether it will work. Your future may feel uncertain. This can be frightening and stressful. You might find it difficult to make plans when you are not sure about the future.

Knowing you can still make choices is an important part of your well-being. This involves making plans and having things you can look forward to. You can improve your confidence by starting with small plans and goals you would like to work towards.

For some people, the cancer itself or treatment side effects may cause difficulty in concentrating, thinking clearly or with your memory. You might find it difficult to make plans. When treatment affects your memory, this is often called [chemo brain](#). Treatments other than [chemotherapy](#), such as [hormonal therapy](#) or [radiotherapy](#) to the brain may also cause these side effects. These symptoms are usually temporary and there are ways they can be managed. But they can interfere with plans, including socialising or going back to work.

Tips for making plans

- Keep it simple and focus on what you can plan for right now. Try making realistic short term plans, like meeting friends or going for a short walk. Build this up until it becomes part of your regular routine. Keep a note of your plan and what you have achieved so you can see your progress.
- If you can, [talk about how you are feeling](#) with your family and friends. Tell them if you would like their help in making short term and possibly longer term plans. You could decide what you would like to prioritise and write down steps you can take.
- If you feel [anxious](#), [depressed](#) or worried about the future, talk to your cancer team. They can usually refer you to a [counsellor or psychologist](#) to help you to find ways to cope with these feelings.
- During and after cancer treatment, there are things you can do to improve your general health and well-being. This could be [eating well](#), being more physically active or getting enough sleep. Focusing on your well-being can help you feel involved in your care and recovery. As well as improving your physical health it may also support your mental health.
- If you think you have difficulty with memory or concentration due to your cancer treatment, tell your cancer team. They can check if any part of your treatment could be making your symptoms worse. They may be able to help you with this.
- To improve your confidence and help you to plan successfully, you may find it helpful to make lists. Write notes and put them where you can easily see them. You could use a diary or calendar. There may be apps on your mobile phone that can help you set reminders.
- Stress can affect your confidence and your memory. Try using some relaxation CDs or apps. Some hospitals or cancer support groups may offer relaxation sessions.

Macmillan Cancer Support resources

We have more information on our [website](#), including audiobooks. Or you can order our free booklets and leaflets on orders.macmillan.org.uk such as:

- MAC11593 [How are you feeling? The emotional effects of cancer](#)
- MAC14215 [Worrying about cancer coming back](#)

We produce information in a [range of formats](#) and [languages](#). To order these, visit our website or call our support line on **0808 808 00 00**.

Further Macmillan support

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, 7 days a week, 8am to 8pm. Or visit macmillan.org.uk to [chat online](#) to one of our team.

Deaf or hard of hearing? Call using Relay UK on **18001 0808 808 00 00**, or use the [Relay UK app](#). Speak another language? Telephone interpreters are available. Please tell us in English the language you would like to use.

If you want to share your experiences or ask questions, you can find others who understand on our [Online Community](#). Our free [Macmillan Buddy service](#) can arrange weekly calls with a friendly volunteer who understands what you're going through.

Other useful contact details

- Maggie's – visit www.maggies.org or call **0300 123 1801**
- British Association for Counselling and Psychotherapy (BACP) – visit www.bacp.co.uk or call **0145 588 3300**
- Anxiety UK – visit www.anxietyuk.org.uk or call **0753 741 6905**

Notes and questions
