

Emotional toolkit

Hot cross bun

When you are affected by lymphoma there are many reasons why your emotional wellbeing can be challenged.

Even though this is completely normal, when you are feeling low, stressed or worried it can be difficult to understand just how that is affecting you or to work out what would help.

The situations you experience, whether directly linked to lymphoma (such as scans, appointments or treatments) or those that are affected by lymphoma (such as family, work or finances), can affect your emotions, thoughts, bodily sensations and what you do or don't do. Because these areas are linked together, making a change in any one area can improve your wellbeing by breaking the vicious cycle and creating change in the other areas.

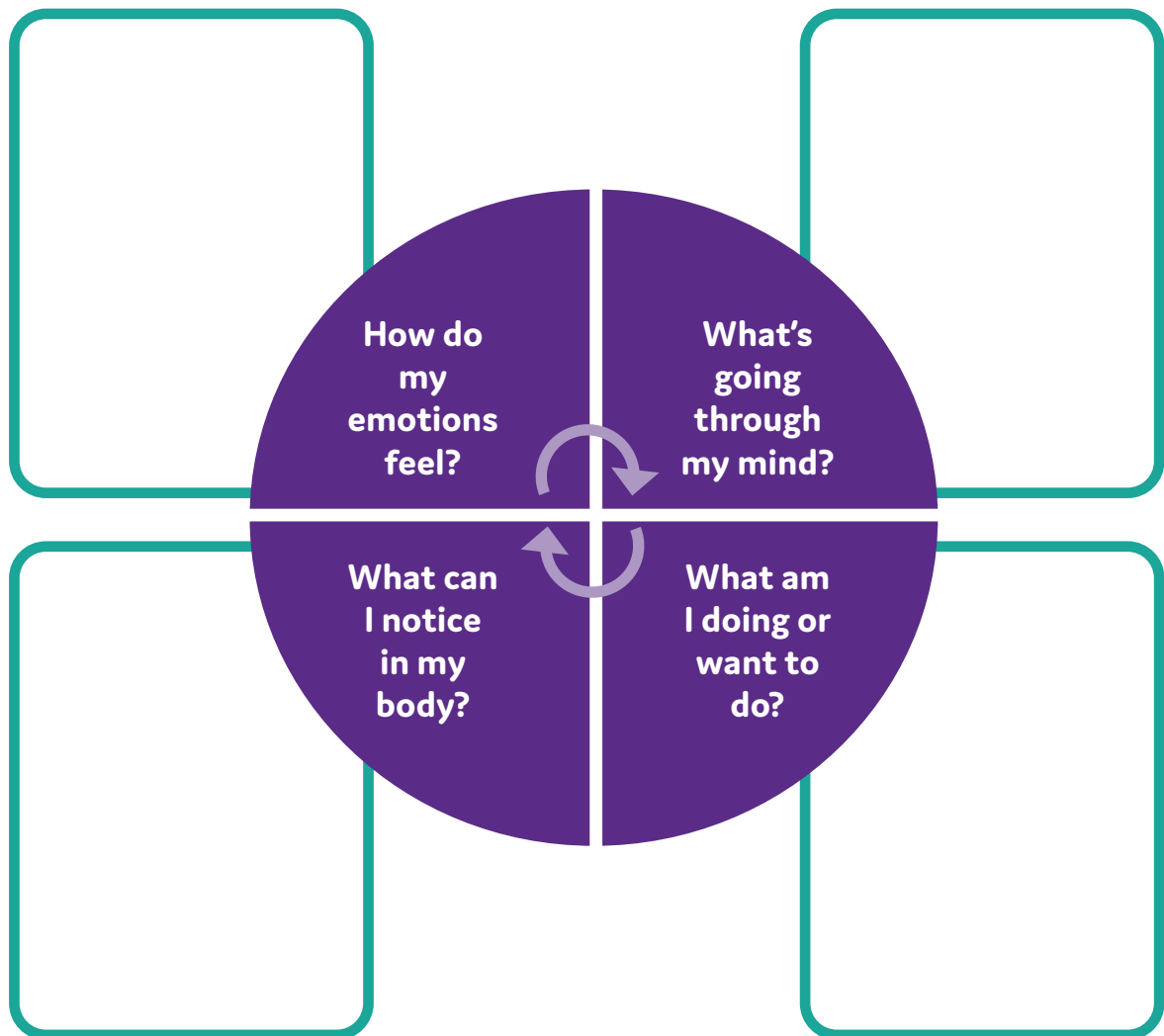
The Hot Cross Bun diagram can help us to recognise how a situation affects us. It helps us to see what is happening in each of these areas, and how they are linked together. In turn, this can help us to see where we might want to make a change and, importantly, can help us see whether that change has helped.



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To complete the hot cross bun ask yourself the four questions below and make a brief note of your answers. If you notice any links between your thoughts, feelings, physical sensations and what you do, draw in any links between them.

You can then think about whether there is one thing you might want to change. If you make any changes, you might want to complete a new hot cross bun.



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