

Diagnosis Day

And the early days



A gentle guide for when everything feels unreal

First, take a breath

If you're here, something big has happened.
You don't need to understand everything yet.
You don't need to be brave today.
This page is here to sit with you in the early days.

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Appointments & Notes

A series of horizontal dashed lines for writing.

Appointments & Notes

Date & Appointment

What was discussed

Questions I have

Questions I might want to ask

- Who can I contact if I forget something?
- What happens next?
- Who is my key nurse or main contact?
- Are there any decisions I need to make right now?
- Where can I find reliable information?

A Quiet reminder

You are allowed to take this one step at a time.

You are allowed to rest.

You are quietly strong – even on the days you don't feel it.

Pink Pathways

