

Dealing with Anxiety and Distress as a Cancer Survivor with Audio Descriptive Transcript

Audio Descriptive Text

- Linda, a simulated triple-negative breast cancer survivor, sitting down in her yard discussing her experience.

Video Summary

Chat with Linda, a cancer survivor, about the stresses and concerns common for cancer survivors and how to find support. Access the simulation at <https://www.cdc.gov/cancer/survivors/life-after-cancer/talk-to-someone-simulation.htm>.

Audio Script

[Linda] Hi, I'm Linda.

When I was diagnosed five years ago, I spent most of my energy just finding the strength to make it through the next appointment, the next scan, the next chemo. It was the scariest time of my life.

But I had my doctors and nurses there. They told me what to expect every step of the way, and that helped. But when I finished treatment, I said goodbye to my care team and well, I felt like I had to find my own way.

There were days I felt great but also a lot where I felt down or alone. I wasn't sleeping well and just didn't feel like my old self.