

Chapter 6

The Role of Stress in Cancer Care: Work–Life Balance With Cancer

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ABSTRACT

Coping with stress is also a common topic for cancer patients, as it is recognized as one of the greatest risk factors to be connected with their health and quality of life. The essay describes the situation in which cancer patients might have too much pressure brought by stress, and it mentions the fact that work-life balance is significant for patients to go through treatment carefully. Things related to stress management are regarded to be one of the core components of the disease-related quality of life and the attainment of health-oriented, personal, and professional goals for cancer patients. Indiscriminate care for the whole health of individuals is promoted at the end of the essay. Employing the coping strategies of work-life balance is an approach to help individuals to pass through the multiple challenges that cancer treatment brings. The article emphasizes the importance of providing cancer patients with the resources and support they need to manage stress effectively.

INTRODUCTION

Stress has an extremely negative effect on the health of cancer patients. It expresses itself in a large number of factors, including impact on the brain and body. For people trying to maintain a normal life and work schedule while also coping with health problems, finding proper work-life balance is next to

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impossible. Work-life balance is one of the methods used to combat the illness among other things. It helps people fight the disease, keep their jobs, and prioritize self-care. It should also be noted that stress has a direct impact on the health of patients and the treatment process. The way stress may affect cancer patients' emotions shows the importance of stress management.

Stress, changes due to cancer, stress from caregiver burden and life stressors. The patient's role in managing the disease is to experience the physical burden, emotional damage, and psychological changes brought on by cancer while maintaining optimal professional and personal health.

UNDERSTANDING STRESS IN CANCER CARE

Cancer care can be very stressful. This includes changing mental, emotional, physical, and social life. A cancer diagnosis causes anxiety, fear of the unknown, and helplessness (Smith et al., 2022; Johnson, 2021). Clients are concerned about their illness, treatment success, relationships, and daily functioning. There is a complex interplay between physiological responses to stress and support activities (Lee & Johnson, 2021). Patients face a variety of stressors during cancer treatment. Physical side effects cause discomfort. Treatment and prognostic concerns lead to emotional turmoil. Changes in life, such as changing routines and relationships, increase stress. Health professionals need to consider these various stressors. Only then can comprehensive interventions address the physical, emotional, and social aspects of stress management (Smith et al., 2022). The influence of factors such as income and supportive relationships can increase stress. Cancer patients cope (Brown & White, 2020). Healthcare professionals need to be aware of the various stressors and many factors that contribute to the treatment of cancer. This will allow for a comprehensive set of therapies addressing the physical, emotional, and social aspects of stress reduction for these patients.

Studying the multifaceted experiences of cancer patients were Jones et al. (2021) and Garcia and Smith (2020). While receiving treatment, a number of stressors were discovered. Social support is important in lowering patients' stress levels, according to Garcia and Smith (2020). The psychological effects of a cancer diagnosis were emphasized by Jones et al. (2021). We may be able to better comprehend the intricacy of anxiety in cancer treatment if we are aware of these findings. It can help with the creation of patient-specific treatments that take into account their particular needs plus their disease.

WORK-LIFE HARMONY IN THE CANCER CONTEXT

When it comes to cancer care, work-life integration is more than just work-life balance. Despite the challenges of cancer, it means integrating personal wellbeing with work duties. This new perspective is known to link work and life for people with cancer. They emphasize the need for cooperation between these areas for both resilience and well-being. Achieving work-life balance requires control of work tasks and self-care. But it also means having a supportive work environment that considers the unique needs and barriers cancer patients face.

Having cancer makes life difficult. You have to balance your career with cancer treatment. This requires juggling therapy, relaxation and occupational duties. Cancer patients try to put health first. But they also still need work. Achieving balance is the ultimate goal. Rest and healing are essential. However, work cannot be ignored either. Cancer makes this balancing act very difficult. But unity is

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