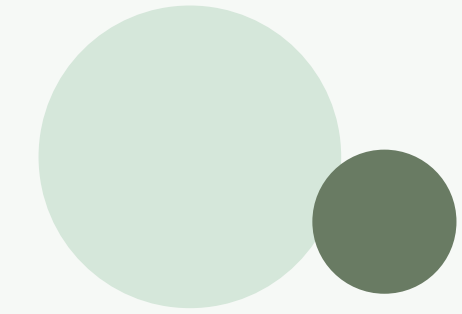




When Someone You Know Has Cancer

How to Notice, Respond and Walk Alongside

Speaker: Yam Keng Mun, Trainer (with previous training in clinical psychology and training caregivers and volunteers in emotional and spiritual support for cancer patients)



Purpose

Discover how 4 simple actions can help you support a friend, colleague or family member with sensitivity, confidence and care.



Outcomes

01

Presence over Answers

Learn how to be present even when you cannot fix the problem.

02

Intentional Support

Understand why how you help matters as much as wanting to help.

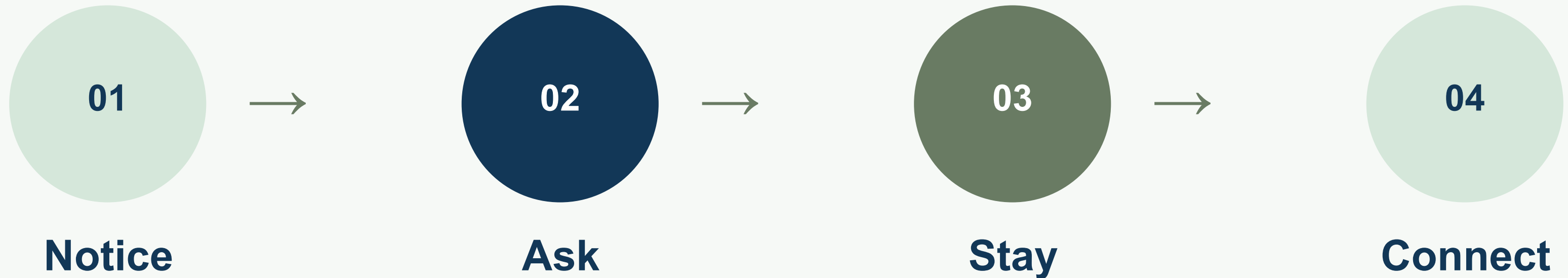
03

Boundaries and Care

Recognise when it's time to connect someone with further support.



The 4 Actions Overview



A simple, reproducible way to walk alongside someone affected by cancer.



Notice

The 4 Actions

01

What it means

Pay attention to subtle changes in mood, behaviour, or energy.

Why it matters to the patient

Being noticed helps them feel seen, not invisible behind their diagnosis.

Examples

- “I’ve noticed you seem more tired lately.”
- “You’ve been quieter these past few days.”



Ask

The 4 Actions

02

What it means

Ask with sensitivity and give them space to share only if they want to.

Why it matters to the patient

It shows respect and lets them decide what they want to share.

Examples

- “Would you like to talk about how things have been going?”
- “Is there something that would make today a little easier?”



Stay

The 4 Actions

03

What it means

Be present without rushing to fix, advise, or cheerlead.

Why it matters to the patient

Presence helps them feel safe and not alone in their uncertainty.

Examples

- “I’m here with you.”
- “It’s okay if you don’t feel like talking.”



Connect

The 4 Actions

04

What it means

Guide them toward professional or community support when needed.

Why it matters to the patient

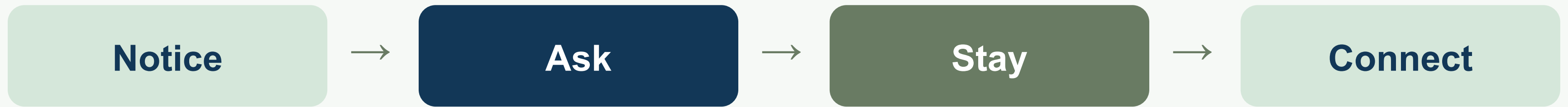
It ensures they don't carry burdens alone and receive the right kind of help.

Examples

- “Would you like help finding a counsellor who works with cancer patients?”
- “There’s a support group next week - would you like me to go with you?”



Bringing It All Together



A simple flow that helps you respond with sensitivity, confidence, and care.

**What patients
experience**

Seen (Notice) • Respected (Ask) • Safe (Stay) • Supported (Connect)



Why These Actions Matter Especially for Cancer Patients

**Unexpected and
life-disrupting
diagnosis.**

**Notice becomes powerful because it
affirms the person beyond the
diagnosis. It says: “I see you, not just
your cancer.”**

**Loss of control and
uncertainty**

**Ask restores a sense of
control.**

**Isolation and emotional
fatigue**

**Stay counters this by
offering steady
presence.**

**Complex needs beyond
informal support**

**Connect ensures patients are
guided toward professional or
community care.**



Conclusion

You don't need all the answers. You just need to walk alongside with presence, sensitivity, and care.

Your next step

Choose one action: Notice, Ask, Stay, or Connect - and practice it with someone in your life this week.

Notice

Ask

Stay

Connect