

Gratitude



Gratitude is a powerful and complex emotion – one that can have a deeply positive impact on our wellbeing, even in the most challenging circumstances.

A diagnosis of neuroendocrine cancer can trigger a wave of difficult emotions: fear, uncertainty, stress, anxiety, depression, and sometimes isolation. These emotions and reactions are natural, and they deserve acknowledgment and compassion.

Gratitude does not erase these emotions. Instead, it gently works alongside them. Research shows that gratitude can strengthen resilience, improve emotional wellbeing, support relationships, and increase overall life satisfaction – even in the face of adversity. It is not about denying hardship, but about finding moments of steadiness within it.

Importantly, gratitude can be both felt and expressed. When we experience it internally and share it outwardly, its benefits often extend beyond ourselves – reaching families, carers, medical teams, and wider support communities.



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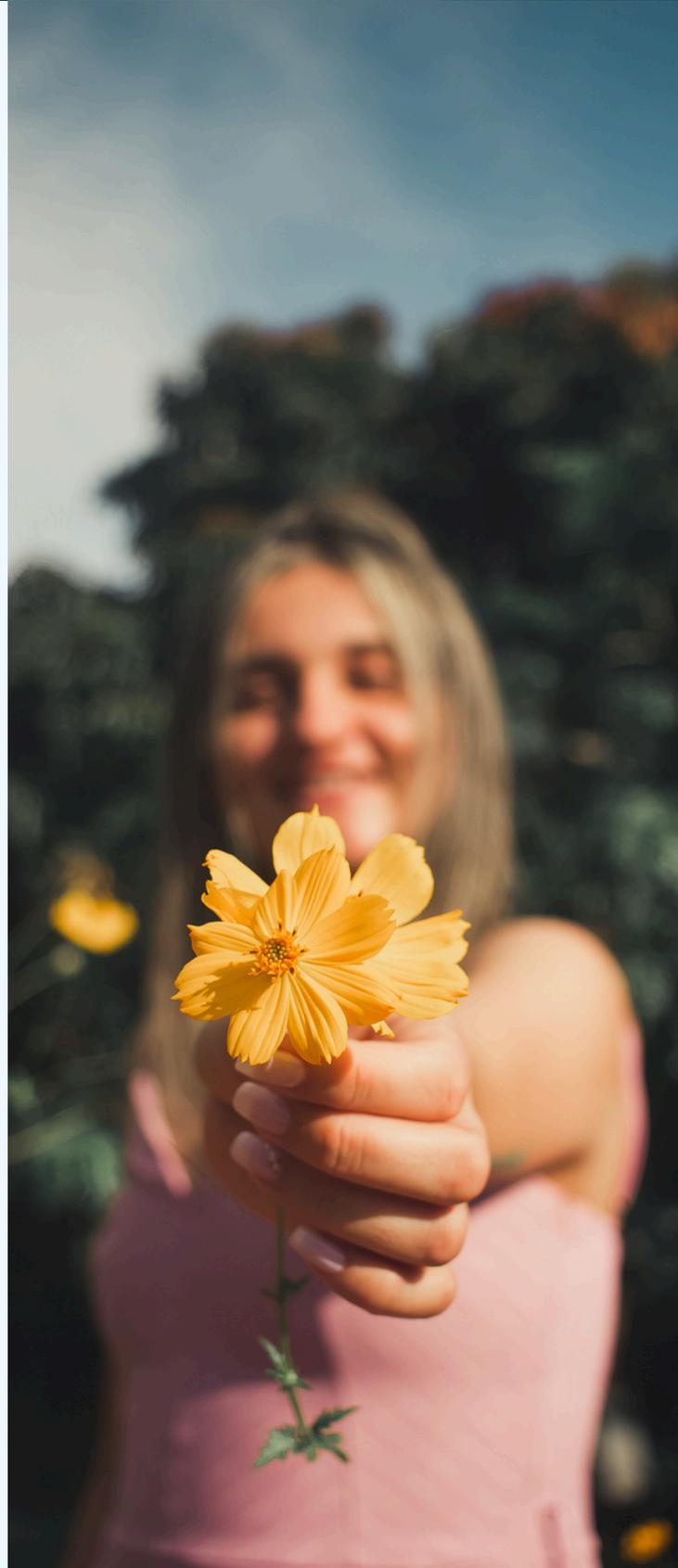
Feeling gratitude

For some people, a neuroendocrine cancer diagnosis can bring a shift in perspective.

There may be a deeper awareness of life's fragility. Ordinary moments can take on new meaning. Time with loved ones may feel more precious. Appreciation for medical professionals, friends, and support networks can grow stronger.

This does not mean you must feel grateful for having cancer. Rather, it means noticing what still holds value to you: a conversation, a kind nurse, a message from a friend, a day without severe side effects.

Gratitude can coexist with grief – both can be true at the same time.



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Practicing internal gratitude

Internal gratitude can become a gentle coping strategy during treatment and recovery. Some practical ways to nurture it include:

- Keeping a gratitude journal and writing down a few meaningful moments each day.
- Pausing to notice small comforts – nature, music, quiet.
- Reflecting on the people who are supporting you.
- Practicing self-compassion by treating yourself with kindness, especially on difficult days.

For carers, internal gratitude may also involve acknowledging your own strength, patience, and dedication. Caring can be challenging – so recognising your efforts matters.

Expressing gratitude to others

Gratitude can also be shared – and even small expressions can have a significant impact on wellbeing.

Writing a thank-you note to a nurse, sending a message to a friend, posting appreciation on a community board, or simply saying “I’m grateful for you” can brighten someone’s day.

These small acts often strengthen connection at a time when connection is deeply needed.

Some people choose to express gratitude in larger ways – participating in community fundraising, volunteering when able, or supporting cancer organisations. For others, gratitude may simply mean showing up with kindness in everyday interactions.

There is no right or wrong way to express it.



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The power of gratitude in difficult times

Studies suggest that gratitude can help reduce symptoms of depression and anxiety, improve sleep, and even influence how we perceive pain. While it is not a cure, it can be a meaningful tool within a broader support plan.

During cancer, life may feel uncertain. Gratitude does not remove uncertainty – but it can anchor us in moments of steadiness and connection.

Finding even one small reason to feel or express gratitude can gently transform a day that feels overwhelming. Over time, these moments can build resilience, deepen relationships, and remind us that even in hardship, there are still things that bring comfort and connection.

For patients and carers alike, gratitude is not about pretending everything is okay. It is about recognising that even when life changes in profound ways, there are still moments worth holding onto.



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