



# Survivorship for the Holidays

## *Finding Your Inner P's*

### *Perspective, Permission, Perseverance, Peace*

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Healthy for the Holidays  
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**1** *Introduction – my story*

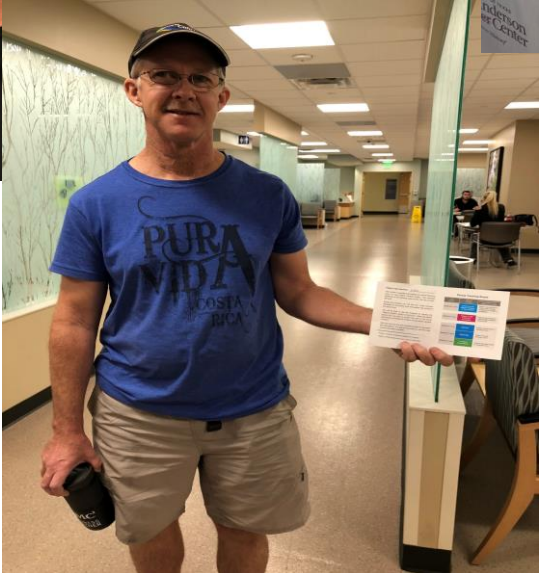
**2** *Perspective*

**3** *Permission*

**4** *Perseverance*

**5** *Peace*

# My Story: Amelanotic Melanoma Stage 3 C Diagnosis date: 4/8/2018 Recurrence July 4<sup>th</sup>, 2020. Currently NED continuing Surveillance



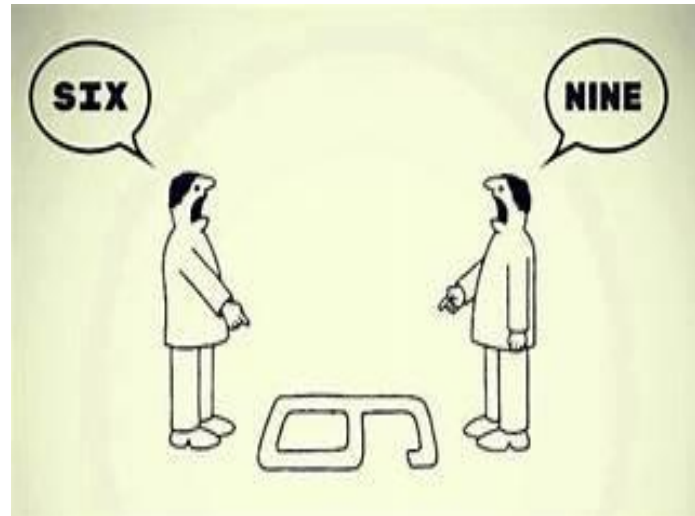
# In the Words of a Melanoma Survivor



“There were many days I would ask myself “why me and then one day I realized ***Why not*** me?”  
“At that moment I knew that I had to figure out how to live my best life knowing it would never be the same”. Barb Regis



# *Perspective*



# Perspective

One's viewpoint, sentiment, point of view, mindset.

A particular attitude toward or way of regarding something;  
Perspective is the way that one looks at something.

Influenced by personal experiences

- Positive or negative
- We have a choice.
- Time of reflection

# What others are saying: Fellow Survivors

"My life passed over me like a big wave, and after, I was left there standing. This turned out to be a very good thing. I stopped. I looked at my life, I looked at my body and spirit. I got a new perspective. That's brought me incredible clarity and a lot of peace."

*-Melissa Etheridge*

"Yesterday is history, tomorrow is a mystery, but today is a gift – that's why it's called 'the present.'"

*-Eleanor Roosevelt*

"My scars? I barely see them. I feel whole; I really do. Because every day, I get to say, 'There's no cancer.' I'm healthy, and that's beautiful."

*- Wanda Sykes*

"I laughed more in the hospital than I ever have in my life, making fun of all the weird things that were happening to me. My friends would walk in with this sad look, and I would throw something at them and say, 'Come on! This isn't the end of the world!'"

*- Christina Applegate*

# Permission



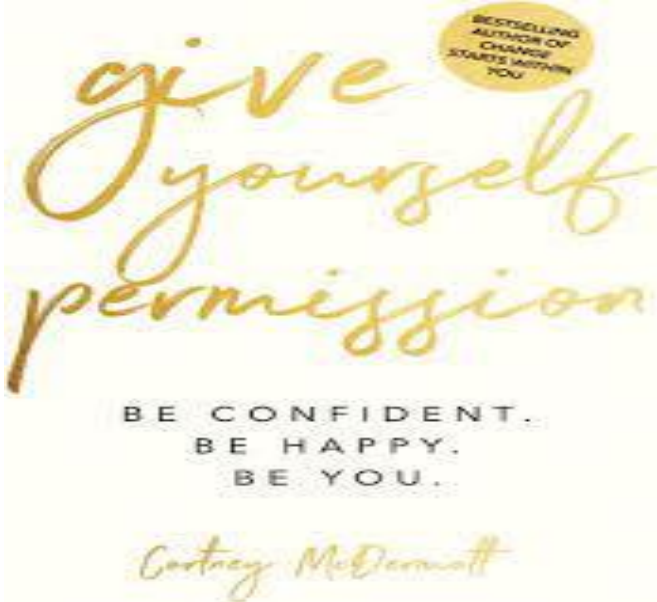
Field Trip  
Permission Slip

Destination: \_\_\_\_\_  
Date: \_\_\_\_\_ Cost: \_\_\_\_\_  
Time Leaving: \_\_\_\_\_ Returning: \_\_\_\_\_  
Parent Chaperone Volunteer: \_\_\_\_\_  
Lunch:  Provided  Pack Lunch  N/A

Student: \_\_\_\_\_  
Parent Signature: \_\_\_\_\_

**LUNCH**

SCHOOL BUS





# Permission

Consent, grant, license, green light, ok, acceptance

Giving approval to someone or *Yourself* to do something or feel a certain way.

- Rest
- Take time to heal
- Feel a certain way
- Change something you do not like

The only Permission that liberates us and at the end of the day truly matters is:

***That which you give to yourself.***

# What others are saying: our Caregivers

"Sometimes asking for help is the most meaningful example of self-reliance." — *Cory Booker*

"You have two hands. One to help yourself, and one to help others." — *Audrey Hepburn*

"No matter what you've done for yourself or for humanity, if you can't look back on having given love and attention to your own family, what have you really accomplished?" — *Lee Iacocca*

"There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver." — *Rosalyn Carter*

# *Perseverance*



# Perseverance

One's continued effort to achieve something despite difficulties or opposition.

A quality that allows someone to continue to try despite obstacles that arise along the way.

- dealing with setbacks
- working through the side effects of therapy
- it's a marathon with at times an unknown end game.
- persistence to continue a path that can be difficult

## What others are saying

“Cancer didn’t bring me to my knees, it brought me to my feet.” - Michael Douglas

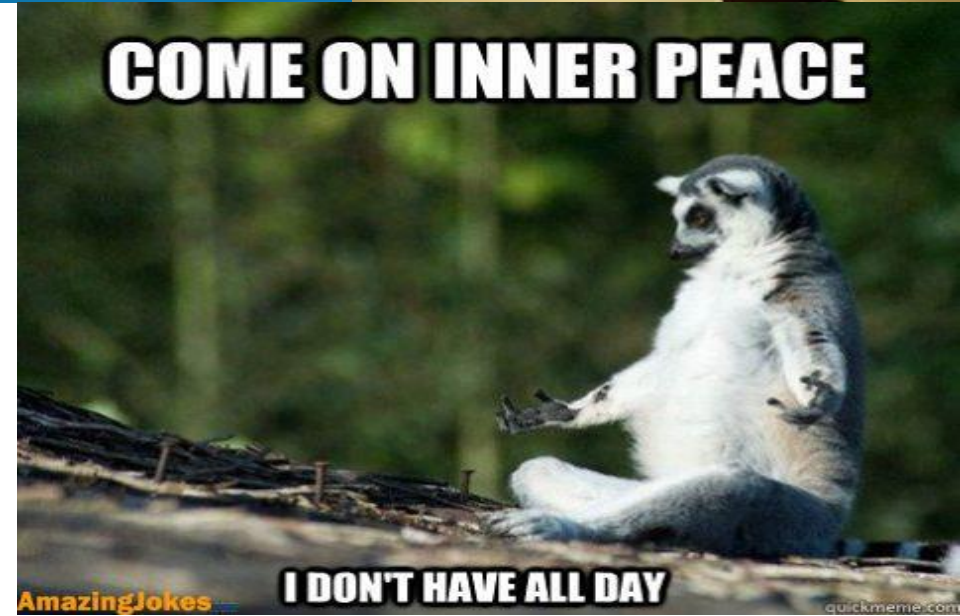
“I’m battling cancer. It’s another battle I intend to win.” - Arlen Specter

“We have two options, medically and emotionally: give up or fight like hell.” - Lance Armstrong

“When we long for life without difficulties, remind us that oaks grow strong in contrary winds, and diamonds are made under pressure.” - Peter Marshall

*“I have heard there are troubles of more than one kind. Some come from ahead and some come from behind. But I’ve bought a big bat. I’m all ready you see. Now my troubles are going to have troubles with me.” - Dr. Seuss*

# Peace



# Peace

Across all cultures, and throughout all human time, we share the same six emotions – sadness, anger, fear, joy, love, and peace.

One's state of physical, emotional and spiritual calm

Influenced by personal experiences

- gratitude
- contentment
- feeling relaxed
- silence

# Peace - how we know we are getting there

## Six Signs that one has found Inner Peace

- You've stopped judging yourself and others. You feel at peace with yourself in the moment.
- Your thought that life has calmed considerably.
- You do not worry about things.
- Positivity and happiness abides.
- You live in love.
- You crave natural beauty.



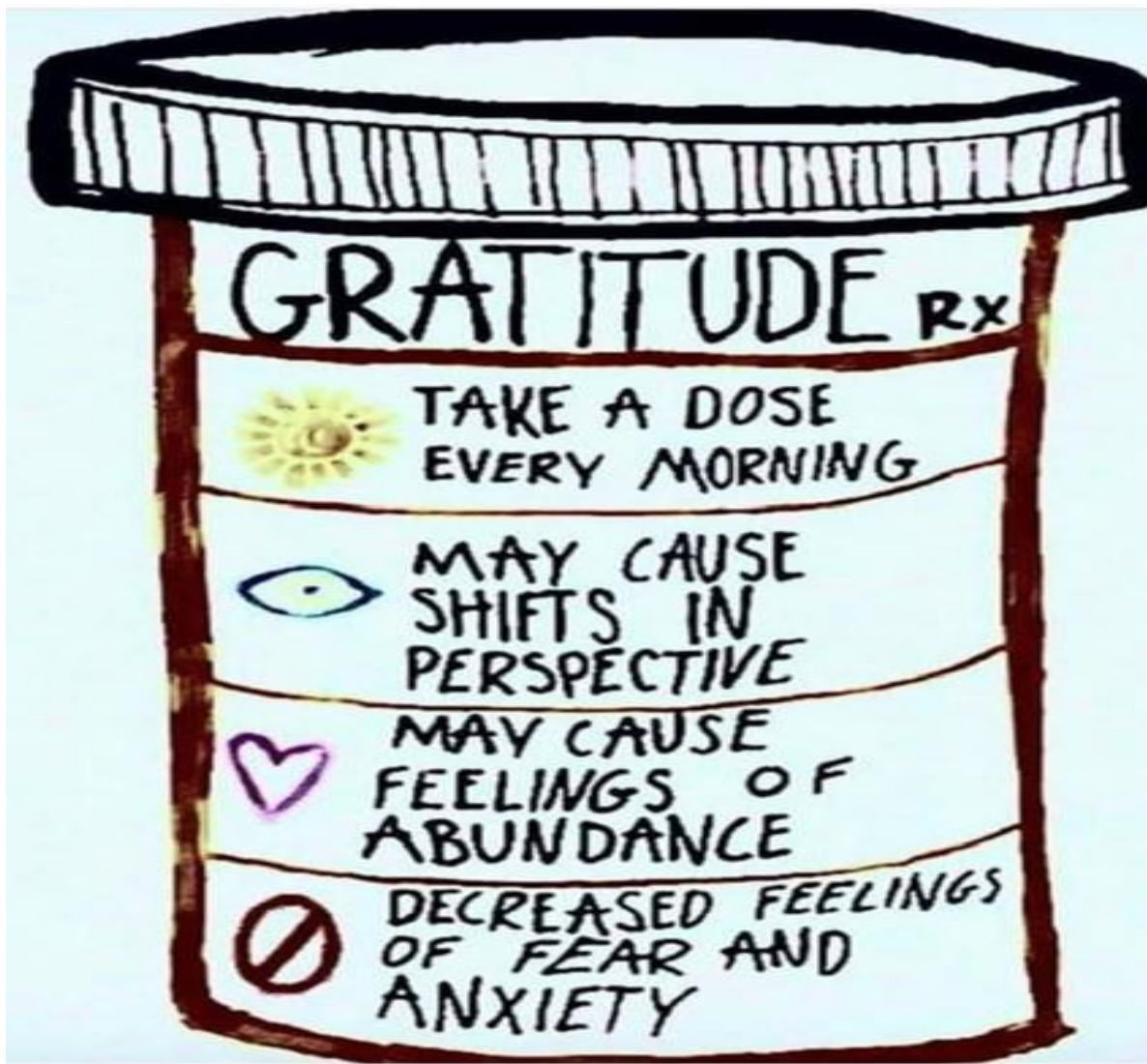
## What others Say:

"Try to find the moments in your day that give you joy and give you happiness, because there's still time to laugh, and life is going on" - *Rita Wilson*

"My lesson was, in my diagnosis and laying on the radiation table every single morning for seven weeks, that nobody can take care of me but me. And I wasn't doing that ... I had to reflect and had to remember who it was I came in as and had to really sort of redefine my life." - *Sheryl Crow*

"I'm not someone who likes looking back. I look forward. That's how I operate. We'll finish an episode, and I am just ready for the next thing. I'm always just moving on, you know?"- *Julia Louis-Dreyfus*

"I am positive about my life and about my journey, and I hope that can touch other people to be positive about theirs ... I'm happy if I'm entertaining people, but I'm happiest when I'm helping people."- *Olivia Newton-John*



## My challenge to everyone in this room.

Cancer survivor  
Caregiver  
Family member  
Friend/coworker  
Supporter  
My team at Fred Hutch

Take some time to reflect and enjoy the moment

Practice some gratitude and kindness

Wishing you all the Happiest of holiday seasons and a healthy 2024



**Thoughts or Questions?**

**Thanks so much for the opportunity!**

**Fred Hutch Survivorship Clinic**

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