

# Loss of interest in activities

This information is about coping with no longer feeling interested in activities that you used to enjoy.

Feeling that we have some control over our lives makes us feel secure. This allows us to enjoy the things we do and make plans for the future. But being diagnosed with cancer can take away that feeling of security. It can make you uncertain about what will happen.

Most people who have been through cancer treatment live with some worry and uncertainty. This does not mean they are not coping with life after treatment.

Some people find it hard to cope with uncertainty. They can feel as if they have very little control over their lives. But these feelings can get better over time.

Having cancer can make you feel less confident. You may feel that you lost some of your independence during your treatment. Your role in your family or at work may have changed. These roles may be important to how you think about yourself. Your social life may have changed during and after treatment too. You may not be in contact with your friends as much as you were before treatment.

Physical changes caused by treatment can also affect your confidence. We have more information about learning to cope with a [change to your body](#).

## Tips for managing a loss of interest in activities

- Try not to ignore your emotions after cancer treatment. These feelings are a natural response to what has happened. Some people find life after cancer harder than when they were going through treatment. There are things you can try, such as talking therapy, [support groups](#) and online chat forums
- There is no right way or right time to deal with what you have been through. But talking to someone about how you feel can help you cope with your emotions and feel better. It might help you make decisions about the future.
- If you are finding uncertainty hard to live with, try taking control of the things you can do something about. Getting back into a routine will help. Over time, you will be able to do more of your usual activities.
- The things you did before cancer will slowly start to fit back into your life. Going back to work if you can, or starting to do the things you did before, are important steps forward.
- Learning about the cancer and its treatment can make you feel more in control. It can help you understand your condition and make decisions. It can also help you feel more involved in your care.
- Building your confidence takes time. You may find that things improve as you start to recover from treatment. You may learn new ways of doing things for yourself again.
- It is best to set yourself small goals you know you can meet. Work towards larger goals by breaking them into smaller steps. The important thing to remember is that this is a step in the right direction.
- Remember to notice every success, no matter how small it seems. You might want to celebrate or reward yourself somehow.
- Ask other people for help and accept offers of help. Staying in contact with your family and friends will make this easier.
- Some cancer centres and organisations run short courses for people living with or after cancer. Your specialist nurse, cancer doctor or information centre may be able to give you information about courses in your area.

## Macmillan Cancer Support resources

We have more information on our [website](#), including audiobooks. Or you can order our free booklets and leaflets on [be.macmillan.org.uk](http://be.macmillan.org.uk) such as:

- [How are you feeling? The emotional effects of cancer](#)
- [Talking about cancer](#)
- [Your feelings after cancer treatment](#)
- [Your feelings and cancer – easy read.](#)

We produce information in a [range of formats](#) and [languages](#). To order these, visit our website or call our support line. Through Bupa, Macmillan is offering up to 6 free counselling sessions for adults struggling emotionally because they are living with cancer. You can find out more about the [Bupa service](#) by contacting us free on **0808 808 00 00**.

Help to Overcome Problems Effectively (HOPE) is a course to help people after cancer treatment. It was developed by Hope for the Community and Macmillan Cancer Support. This course is run in small groups. It is free and takes place at different locations across the UK.

Macmillan also delivers an online HOPE programme, which is a 6-week online self-management course. You can learn more and book onto an online HOPE course at [macmillan.fuseuniversal.com](http://macmillan.fuseuniversal.com)

## Further Macmillan support

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, 7 days a week, 8am to 8pm. Or visit [macmillan.org.uk](http://macmillan.org.uk) where you can [chat to us online](#).

Deaf or hard of hearing? Call using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app. Speak another language? Telephone interpreters are available. Please tell us in English the language you would like to use.

Our free [Macmillan Buddy service](#) can arrange weekly calls or visits with a friendly volunteer who understands what you're going through. Or if you want to share your experiences or ask questions, you can find others who understand on our [Online Community](#).

## Other useful contact details

- British Association for Counselling and Psychotherapy – visit [www.bacp.co.uk](http://www.bacp.co.uk)
- Mental Health Foundation – visit [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)
- Mind – visit [www.mind.org.uk](http://www.mind.org.uk).

## Notes and questions

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