

What Does It Mean to Thrive With Cancer and Deal With Fear and Grief?

Watch as I discuss these cancer-related topics in a mental wellness interview for LUNgevity.

February 28, 2023 By [Dann Wonser](#)

Genevieve and I are part of a LUNgevity mental wellness project that I want to share with you. Four of us were interviewed and recorded for this series.

My interview with Angela James is the first of the four to be released (one per week). I was asked about what it means to thrive with cancer, coping skills for dealing with the inevitable fear and grief, communicating with people about your cancer, and more. Angela made it easier to be vulnerable, so much so that I get choked up just watching the replay. I hope you find it valuable.

You can find the video at <https://egfr.lungevity.org/egfr/video-library>.

Genevieve's video will be about her journey as a care supporter and will be released sometime in the next three weeks. I'll post the link when that happens.

Love,

Dann

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