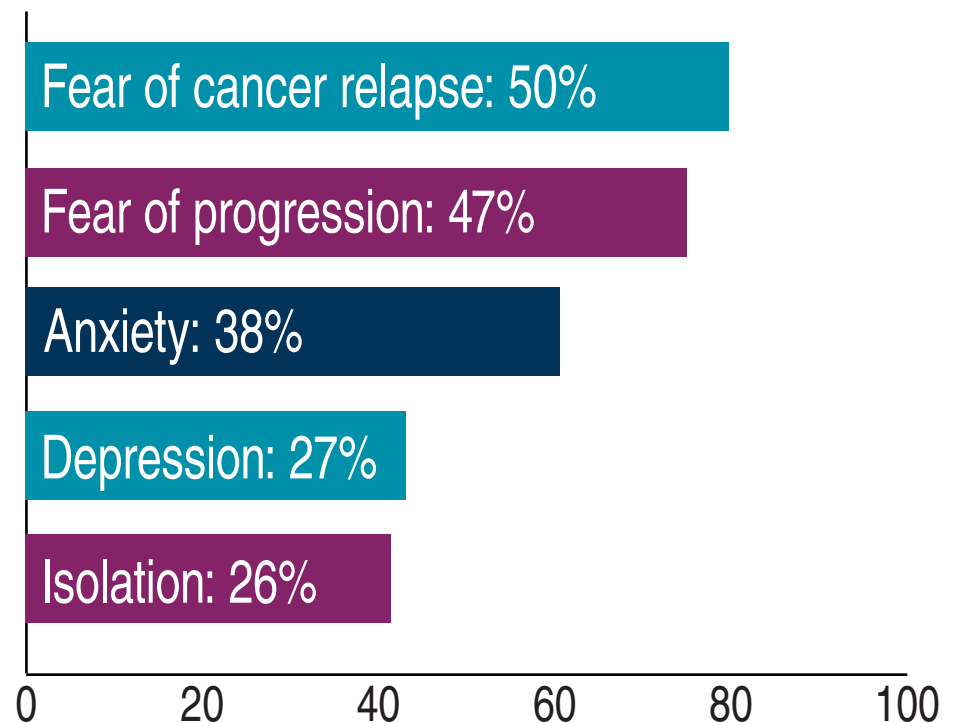


World Lymphoma Awareness Day: *We Can't Wait to Focus on our Feelings*

#WLAD2023

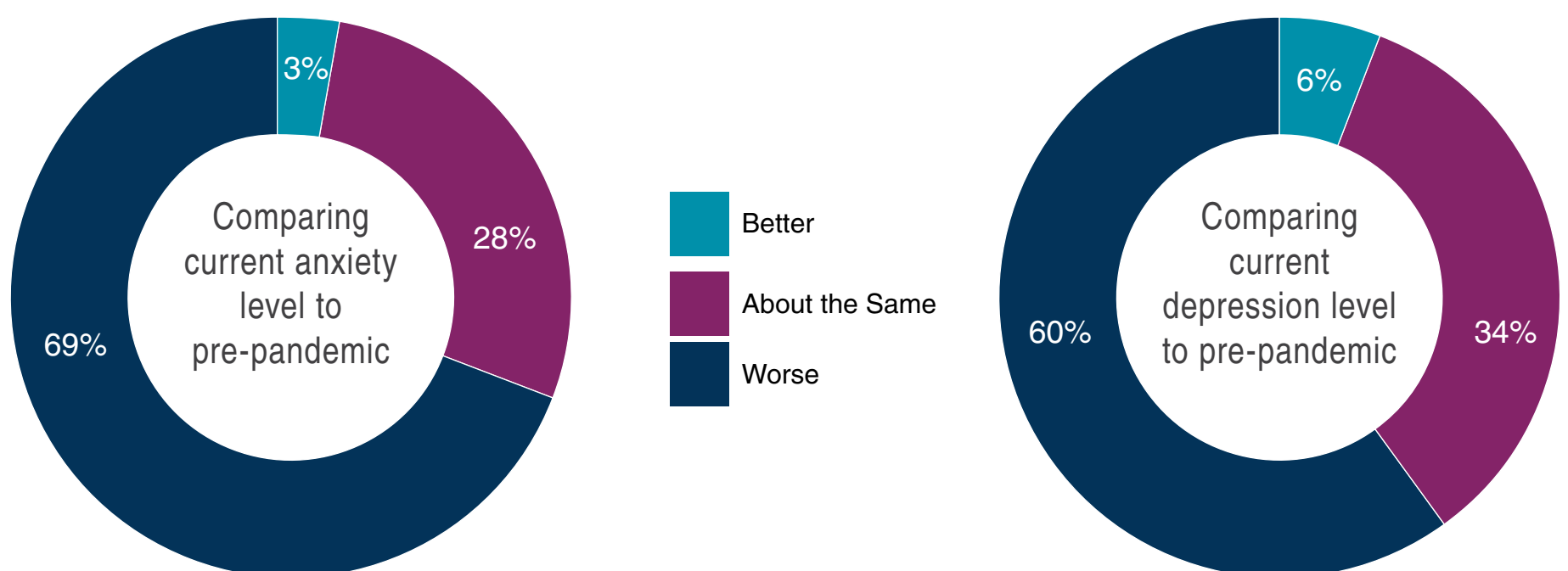
Side effects of diagnosis and treatment:

82% of people said they had experienced psychological and emotional effects in the past 12 months according to the most recent Global Patient Survey on Lymphomas & CLL (2022).



Patients who had been coping with anxiety and depression experienced them at even greater levels during the Covid-19 pandemic.

Effect of Covid-19 on Anxiety and Depression



Learning to cope with challenging feelings can have many benefits including closer relationships with family and friends, feeling more connected with yourself and being better able to live in the moment.

