



Cancer caregiving journey

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representing the emotional journey of informal cancer caregiving through music/dance/video/photography

Trying to showcase multiple complexities of the journey through four main constant periods throughout the journey.

I. frustration

II. sadness

III. strength

IV. love

Frustration

We want to showcase the conflictive feelings of being out of control, of unexpected news, of feeling powerless and therefore, anger.

When our loved one gets diagnosed with cancer, we are so hurt and it feels so unfair that it is them the ones that have it.

During the representation we want to represent:

Finding out about the diagnosis

Trying to wrap your head around all of the changes (trying to understand what's happening)

being a shoulder to cry on for the patient

but being heartbroken and afraid

angry at the world for not understanding your feelings

being anxious about the prospect of losing your loved one

moodiness

feeling isolated

not knowing how to handle everything

grieving what life was like before the diagnosis of your loved one

love
as a force



Frustration

No control over anything
anger
worry
fear
too many changes to handle
anxiety
guilt
stress
juggling too much
injustice

musical references

Home/Lacrimosa - Jonny Greenwood
The Boys - Jonny Greenwood
Los Vestidos Desgarrados - Alberto
Iglesias

Love (always) undertone/perpetual drive

Sadness

During this stage, we want to express feelings of deep sadness mixed with helplessness, hopelessness, isolation, confusion - most people at some point may feel defeated and removed from the world. The person they love so dearly is diagnosed with an advanced cancer and it feels completely terrifying, the remote thought of losing them is heartbreaking and soul crushing. They look at the person they love and feel so sad, it's completely bittersweet - why? because they cannot imagine a life where that person is not alive. The sole threat of an illness taking them away is the scariest thought and it turns into pain and sadness. They wish to talk about it but feel as if they can, or people won't understand...some do, some others don't. The cancer caregiver feels as if their world is also crumbling because their life also changes. They now have to look after someone, give up some parts of their life to take on new tasks (this is not an issue because they know the importance of this - however, it can sometimes feel conflicting)... They wish to be understood, they want to talk about their sadness and fears but know they need to keep strong.

Sadness

deep sadness,
helpless,
hopeless
isolated
confused
defeat
grief

musical references

Experience- ludovico einaudi,
daniel hope
death bed - dan rohmer, benh
zeithlin
los abrazos rotos - alberto
iglesias
nocturne n.20 - chopin
leo - ludovico einaudi
winter blue - dirk maassen
departure (home) - max
richter
went missing - nils Frahm
Una Mattina - Einaudi

Love (always) undertone/perpetual drive

Strength

During this part we want to represent the strength that it takes to accompany someone to the hospital, doctor appointments, hear diagnosis, prognosis, adapt, make food, give up free time, see your loved one go through pain and changes and wish you could change things but knowing you really can't too much.

In this emotional part, the cancer caregiver finds force from within to try to handle everything, they are grateful to still have time with the person they love, they are masters at adaptation because they have no more option, they adjust, they learn to change their priorities, they learn to ask for help sometimes or find online communities to support them, they speak up and demand answers for their loved one, they hold back the tears and instead show smiles so that their loved one is okay. They are there, they show up, they are strong.

love
as a force

Strength

finding strength from within

trying to stay together

compassion

hope

love

gratefulness

priorities

asking for help

expressing ourselves

support from other communities

exploring options

musical references

once there was a hushpuppy

(dan rohmer, benh zeitlin)

i'm with you - vance joy

bloom - paper kites

follies fixture - ben howard

wash - bon iver

transformation - the cinematic

orchestra

Love (always) undertone/perpetual drive

Love

This is probably the most crucial and simple part of this expressive exploration. Love is the driving force of the informal cancer caregiver. Their work, what they give up, their emotions, their strength is all held together and pushed forward by love. Love, deep affection towards their loved one going through so much. It is their drive, their motivation, they want to make memories and it all tastes bittersweet, it's love with undertones of hope, anger, fear, sadness, joy and gratefulness and a lot of hope. They wish they could take the cancer away and that is the biggest sign of love, they hate to see their loved one suffer, they feel grateful to have gotten to live with them, be with them, support them, they're afraid of losing them, missing them, but they have beautiful memories that are a force. A lot of them have a strong relationship, they try to live the small moments and enjoy them - this is a stage where they are so present but also the stage where so much is happening in front of their eyes. It's existence and life all under one big cloud of love.

Love is a simple element, it's soft, it's strong and it's pure and magical and complex but eternal

undertone of sadness, | fear but very subtle

a lovely metaphorical representation (subtly) can be found on 1:20 minute of Luminous by Ludovico Einaudi
hidden through the more euphoric/happy/grounded sounds

love / being present

compassion
good news,
hope,
advancement in treatments,
bittersweet,
memories,
self-motivation
deep love for our loved one
wishing to take their pain away
seeking questions
deep conversations
small gestures
being there
loving their memories
existence
gratitude

musical references

Love theme
Enrio Morricone

mystery of love - sufjan stevens

petite ouverture a dancer ed caby, erik satie

death with dignity - sufjan stevens

luminous - ludovico einaudi

for emma - bon iver

me voy a morir de tanto amor, alberto iglesias

old pine, ben harper

undertone sadness/fear subtle

"You are an unsung hero
adjusting through a lot
Caring selflessly for those you love
Remember It's fine to ask for help
To say you're not okay
To feel upset
To be afraid
So much uncertainty can be hard to
bear
So much change can be hard to take
You wish you could take their pain
away
Love is what moves you
All we can do is be there, with our care
But without forgetting
About ourselves
Along the way"