

# You've got to accentuate the positives

One way to deal with breast cancer is to see the good side of it, writes **Gillian Franklin**.

**E**VEN difficult circumstances can become enriching ones, with the right attitude.

This has been my philosophy dealing with several situations in my life. In December, I once again found myself having to draw on this belief when I was diagnosed with breast cancer.

At first, I was incredulous. Don't the cancer nasties know that I have a multimillion-dollar business to run and that many jobs depend on me? And more importantly, don't they know that it is a cosmetic company, where a glamorous presentation is required and being bald and eyelash-free is just not the go?

As it turns out, the cancer nasties don't really care. I just had to deal with it.

Using this mind-set, I applied myself to make this new experience an enriching one and focused on the positives.

So what can possibly be positive about my cancer? Well, lots of things:

- The December timing was great. It is usually a quiet time, with the holiday break, and I was not stressing about work appointments when I was running from one medical appointment to another.
- The lump was on my left side, so after the lumpectomy I was still able to do everything I needed with my right hand.
- I have the same medical team that Kylie had, so they must be the best in the country (and so far I can see this is true!).
- I will save 15 minutes a day as I don't need to do my hair and can just put on the wig.
- I can change my hairstyle if I

want with the flip of a wig.

- I will have a net saving of at least \$700 over six months without any haircuts and leg waxing.
- Potentially lose weight.
- Opportunity to promote and raise funds for a worthwhile cause in Breast Cancer Network Australia (BCNA).
- Received amazing amount of notes, hugs and kisses from people I care about.
- Reinforced how absolutely incredible my husband and three daughters are in the way they deal with adversity with humour and confidence.

This experience continues to reinforce some of my basic values about life: build resilience in everything you do; seek wisdom from others; appreciate what you have and make the most of it.

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