



# Mindful Resilience Through Cancer

There is really nothing that can prepare you for a cancer diagnosis. We've been touched both as patient and caregiver. In the midst of so many conflicting emotions, it is a fine line between respecting someone's privacy and also wanting to provide support. Here are few things we've found to be helpful, especially in those early days of diagnosis. This is a list intended both for individuals going through treatment and gift ideas and resources to support them. Obviously, this is skewed to our preferences, but you will get the idea. At the end of the day, the best support you can provide anyone is to simply let them know you are there for them.



## FREE Meditation Series: Mindful Resilience Through Cancer and Beyond

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### 1. Our Favorite Book & Media Picks



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READ

READ

READ

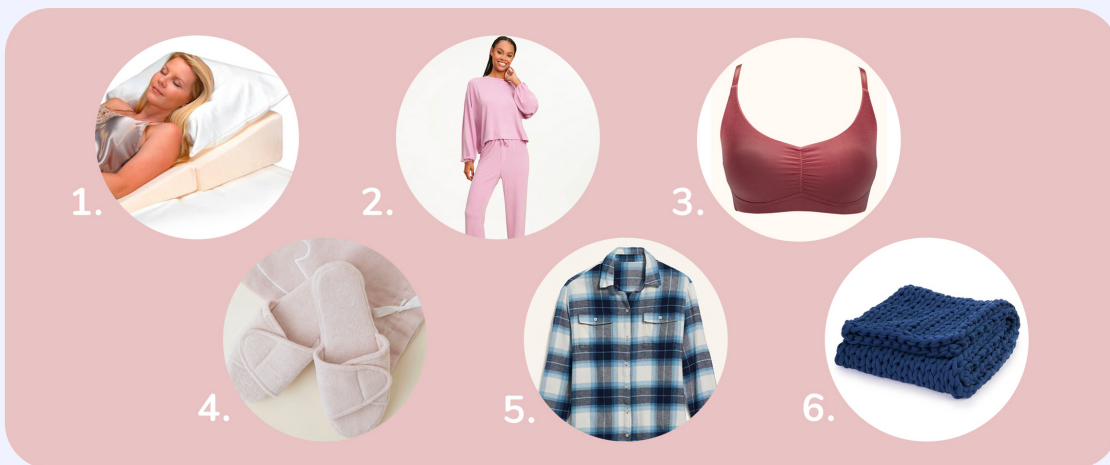
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## 2. Helpful Ideas

- **Find a house cleaning service** - Gather your friends and arrange for a weekly cleaning service or specifically around treatment periods.
- **Offer to go to the grocery and/or purchase gift cards** - Grocery shop for them, purchase a gift card to their favorite store, or organize a meal delivery plan amongst friends and family.
- **Fresh Flowers** - Arrange to have flowers delivered weekly throughout treatment. It literally will brighten their day!
- **Self-Care** - Find out if they have a favorite acupuncturist, reflexologist, or nail salon (with their doctor's approval) and purchase a gift certificate.
- **Kid-Care** - Offer to help with carpool, play dates, and dinners for the kids so they can get some quiet time and rest.

## 3. Our Favorite Product Picks



1. **Contour Bed Wedge Products** - This was key for my surgery recovery and for my bed ridden days.
2. **Splendid** - Cute and cozy pajamas are now a staple for me.
3. **Ana Ono** - Beautiful and functional loungewear and post-mastectomy bras.
4. **Barefoot Dreams** - The coziest socks, robes and blankets ever and some of the best gifts I received from friends and family.
5. **Old Navy** - Specifically for anyone who is undergoing breast surgery, stocking up on button-down shirts that are easy to wear post-surgery and hide your drains.
6. **Bearaby Weighted Blanket** - A beautiful blanket with proven benefits to ease anxiety and provide comfort.

#### 4. Online Resources

- **The Top 11 Tips For Cancer Patients** – This post from fellow thriver (also diagnosed on Valentine’s Day) and one of our favorite teachers Kris Carr is full of relevant and tangible resources.
- **Cancer Therapies Toolkit** – Another tangible set of tools and tips via Kris Carr addressing some of the side effects from chemo and radiation.
- **Paying For Cancer Treatments – Personal Loans, HSAs, and More** – This guide from The Simple Dollar outlines how to afford some of the most common cancer treatments. It discusses payment options, important questions to ask and recommendations from experienced medical professionals.

#### 5. Begin Cultivating A Meditation and Mindfulness Practice

Meditation and mindfulness is good for everyone and can serve as a home base when so much feels out of control and uncertain. Check out all the resources available on Studio Pebbl including our Special Series: Mindful Resilience Through Cancer and Beyond.



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