

Together, Let's BREATHE through Breast Cancer

Fear of recurrence is something that almost every person who has been diagnosed with breast cancer faces. This BREATHE Empowerment worksheet aims to provide mindset tools when staring at the possibility of breast cancer recurrence. Being mindful and having a healthy attitude can help you go from fearless. It can help you feel more confident that you're doing everything you can to reduce the risk of your breast cancer recurring.



"There is no easy walk to freedom anywhere, and many of us will have to pass through the valley of the shadow of death again and again before we reach the mountaintop of our desires."

- Nelson Mandela

Let this guide inspire your inner peace.

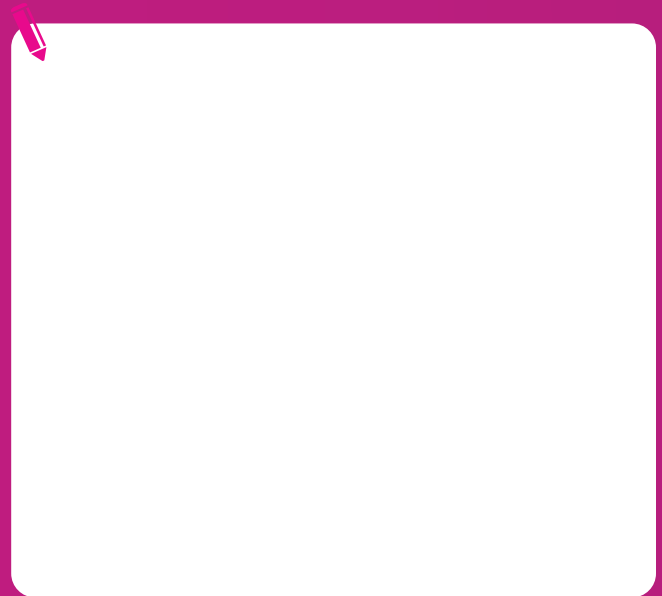


Let's talk about the power of self-talk! Everyone has a certain self-talk. You do it all the time in your mind. Talking to yourself, positively, aloud, is another great way to build confidence, self-esteem, and self-control. Identify some affirmations that have inspired you and use them as a starting point for your self talk. Write them down.



Now practice your self-talk in the language you use communicating with your family, friends, caregivers, and medical team.

Tip: In front of a mirror, practice speaking out loud using your positive affirmations in communicating challenging feelings, fears or questions to your doctor.



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*Not everything that is faced can be changed,
but nothing can be changed until it is faced.*

-James Baldwin

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Empowered Tools To Live Your Best Life



Affirmations:



Positive statements and/or prayers can go a long way in keeping in the right frame of mind. Write down some positive statements that you can use today and everyday.



Visualization:



Visualization is a powerful transformational tool. Create a space in your mind (sky is the limit!) where you feel the most alive and safe. It could be magical, from a dream, or your favorite place in the world. Bring it to life through visualization the taste, smell, sound, feeling and every emotion it brings within you. Practice visiting this place in your mind to bring peace, healing and strength.





Gratitude:



Having a daily gratitude practice can help lower stress and depression and help you when facing challenges in your life. A way to start your gratitude practice is to write down what your grateful for. Example/ Today, I am grateful for...



Blank white space for writing a gratitude practice example.

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Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good.

Maya Angelou



Tips to help you BREATHE



When overwhelmed with emotions, give yourself a hug and take 5 deep breaths.



Make a playlist of songs or sounds that provide you a sense of peace, relaxation or empowerment.



Don't be afraid to talk to a friend, caregiver, healthcare provider, therapist or support group about how you feel.



Look at alternative therapies such as art therapy, aromatherapy, hydrotherapy, and massage therapy to help you relax.



Go into nature and feel the earth beneath your feet, or just go for a walk outside and focus your attention on the beauty of nature.



Did you know Tigerlily has a number of health, fitness and spiritual-related programming? Visit www.tigerlilyfoundation.org for more information about our Pure Cat Initiative.

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Life is not a linear process. Neither is joy or pain. I may be smiling when I'm sad...or basking in the joy of manifesting the beauty of life amidst the chaos. Either way, I'm breathing. I'm feeling. I'm grateful. I'm relishing in the tender exquisiteness of life. I am alive.

-Maimah Karmo, Breast Cancer Survivor and Founder of Tigerlily Foundation

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