

25 Ways to Thrive

These **ways** have been selected from the 3rd Breast Cancer Rehabilitation & Wellness ONLINE Summit.

For survivors: These are my selection. You can develop your own list of ways to thrive by watching the program and consulting with your own health and wellness team.

For health professionals and service providers: You are in a perfect position to share a holistic approach to your breast cancer clients. Share this resource as an example of a multidisciplinary approach to recovery and wellness.

Use these as a starting point to:

1. View the 2018-19 presentations to know more.
2. Use this list of ideas to rank importance to you. Then start your next health and wellness areas to investigate.
3. Share with your networks so they can find the Summit program.

Be inspired to make positive health and wellness life changes.

From Denise Stewart and the team of BCR&W presenters 2018.

Breast Cancer Rehabilitation & Wellness: 25 ways to thrive

Exercise 150 mins a week: start walking at the local PARK RUN
See: Carolyn Jones, Deborah Hughes, Carol Michaels

Start the day with anti cancer foods
See: Dr. David Wilkinson, Louise Kerr, Dr Julie Baartz

Get comprehensive assessment and treatment of scars and adhesions
See: An De Goef, Denise Stewart, Marjorie Brook

Care for your gut health
See: Shannon Carlin

Exercise for life: make it local and make it fun
See: Deborah Hughes, Carol Michael, Carolyn Jones

Your feet are your foundation: give them extra care
See: Kitiboni Rolle Adderley

Understand your cancer fatigue better: bring balance to your day.
See: Lou James, Jo Muirhead

Your sexual expression is important: get the right help
See: Dr. Anita Elias, Dana Danofree, Tina Doueihy, Sam Clutton

Shared decision making for best breast reconstruction options
See: Carin Dreijer, Terri Coutee

Find your inner peace daily
See: Dr. Robin Dilley, Allison Potts

Use good skin care to enhance inner wellness
See: Angelo Noviello, Morag Currin

Find your best health advocate
See: Kelley Mondesire, Terri Coutee

Choose a Yoga practice
See: Jean DiCarlo-Wagne, Linda Scheele

Improve your balance
See: Carol Michaels, Kitiboni Adderley

Drink green tea before meals daily
See: Dr Julie Baartz

Communicate your needs with your partner and visa versa: each week
See: Sam Clutton, Dr Anita Elias

Find those moments that give you joy and stay there a little longer
See: Alison Potts, Dr Robin Dilley

Choose **underwear that fits well and makes you feel great**
See: Dana Danofree, Tina Doueihy,

Let crushed garlic sit for 10 minutes before cooking: to achieve anti-cancer benefits
See: Dr David Wilkinson

Learn to walk with nordic poles
See: Stephen Mahoney, Laurence Westcott

Have your arm and breast checked if swelling persists: especially in the first 2 years.
See: Marlena Casey

Measure the heart's response during exercise
See: Susannah Haarmann, Emrys Goldsworthy

Know that we do not have all the answers yet
See: Jo Muirhead, Ben Boyd

Use the Mediterranean diet to guide healthy meals
See: Louise Kerr

Activate your calming nervous system
See: Emrys Goldsworthy, Dr Robin Dilley, Alison Potts

