

# The Sherapy Cancer Support Kit



## For Patients: Navigating the Road Ahead

### Top 10 Questions to Ask Your Oncologist:

- What type of breast cancer do I have?
- What stage is it, and what does that mean?
- What treatments do you recommend, and why?
- What are the side effects?
- Will I need a port? If so, how is it placed?
- What can I do to manage side effects?
- How will treatment affect my daily life?
- Can I work or drive during treatment?
- Are there clinical trials available to me?
- Who do I contact with questions or concerns between appointments?

### What to Pack for Chemo Day:

- Soft blanket
- Snacks (high-protein or comfort food)
- Water bottle
- Headphones + playlist or podcast
- Journal or coloring book
- Lip balm & lotion
- Warm socks
- A comfort item (photo, crystal, stress ball)

### Self-Care Checklist:

- Took a deep breath
- Moved my body (even just a stretch)
- Ate something nourishing
- Drank water
- Talked to someone who gets it

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- Rested without guilt
- Did one thing that made me smile

## Common Chemo Side Effects to Expect:

- Hair loss
- Fatigue
- Bone pain
- Nausea (less common now due to new anti-nausea medications)

## For Caregivers: Support Without Burnout

### Quick Tips for Supporting a Loved One:

- Ask "What do you need today?" instead of "Let me know if you need anything."
- Offer specific help (driving, chores, errands)
- Respect rest and quiet time
- Keep communication gentle and open

### Gentle Conversation Starters:

- "How are you really feeling today?"
- "What's something small that would make today easier?"
- "Want to talk, vent, or just sit together?"
- "Can I read to you, or just keep you company?"

### Signs of Caregiver Burnout:

- Trouble sleeping
- Irritability or anger
- Feeling numb or helpless
- Forgetfulness

### What Helps:

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- Taking breaks
- Talking to a friend or therapist
- Doing something just for you-guilt-free
- Joining a caregiver support group

Love Notes for the Journey:

"You don't have to be strong all the time. Let yourself rest. I've got you."

"I see how brave you are. Even on the hard days. Especially on the hard days. I love you."

## Books & Resources

Books for Patients:

- The Breast Cancer Survival Manual by John Link, MD
- Uplift by Barbara Delinsky
- Crazy Sexy Cancer Tips by Kris Carr

Books for Caregivers:

- The Caregiver's Companion by Carolyn A. Brent
- Cancer Caregivers by Richard C. Palmer

Trusted Websites:

- [breastcancer.org](http://breastcancer.org)
- [youngsurvival.org](http://youngsurvival.org)
- [cancercare.org](http://cancercare.org)
- [cancer.org](http://cancer.org)

## Positive Encouragement

Comforting Reminders:

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- You're not alone.
- One step at a time is still moving forward.
- Rest is part of healing, not a pause from it.
- Your strength shows up in quiet moments too.

### Uplifting Cancer-Themed Movies:

- The Fault in Our Stars - emotional but full of heart and connection
- My Sister's Keeper - explores family, love, and tough choices
- Miss You Already - raw, real, and packed with deep friendship
- 50/50 - blends humor and honesty in a young man's cancer journey
- A Walk to Remember - touching story about love and purpose

You've got this. Whether you're healing or helping, every act of care matters.

Love, light, and Sherapy.