

WHAT'S UP?

Beauty in Cancer Campaign

Email (sistahtalk95@gmail.com),
mail (P.O. Box 692998, Miami 33269),
text (404-246-1179), or
hand-deliver to Mary or Selina:
**your name, location, year (during/after
treatment), type of cancer, and photo.**

Photos may appear on our website,
newsletter, and/or ICYMI emails.
Add your headshot to our
33.13" x 86.18" banner!



SISTA AH TALK!, INC.
— @ My Kitchen Table —

Miami-Dade County Library
Arcola Lakes Branch
8240 NW 7th Avenue
Miami, FL 33150

Saturday July 21, 2018
2:00pm-5:00pm

Brave & Beautiful



YOUR
PICTURE
HERE

Join the Conversation



Ask AN EXPERT

Dr. Joycelyn Lee, a Clinical Psychologist, will present
"Waiting for the Other Shoe to Drop"

Miami Dade County Library, Arcola Lakes Branch
8240 NW 7th Avenue Miami, FL 33150

Saturday August 18, 2018, 2:00pm-5:00pm
RSVP: Mary @ (305) 333-3495

Heart Disease

Join
Mary S. Whitehead, MPH, CHES
SISTA AH Talk! Facilitator
in the Circle as we discuss
breast cancer treatment and
the risk of heart disease



Miami Dade County Library
Arcola Lakes Branch
8240 NW 7th Ave
Miami, FL 33150
Saturday, September 15, 2018
2:00pm-5:00pm

www.sistahtalk.net



HEY GIRL!

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Paint the Town Pink Deloris Smith Johnson, SISTA AH Talk Historian



Hey Girl!
is published to keep
you informed about
our programs,
research, and the
experiences of
breast cancer survivors
in South Florida
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June 2018



...UM JUST SAYIN'



Mary S. Whitehead, MPH, CHES
SISTA AH Talk Facilitator

Mindful Eating - Putting Thought into Every Bite

A mindful eater knows the practice of eating is inimitable. He/she is aware of the importance of the merger between various levels of consciousness involved in the eating process. To eat mindfully is to think of the positive and negative aspect of food choices and preparation and respecting your inner wisdom to nurture good health and well-being on a moment to moment basis. The strategies may vary from meal to meal. Extreme peace and joy can be cultivated if the process is perfected.

Helpful Tips for Mindful Eating

Disconnect Digitally. Turn off the Cell Phone, Tablet, TV, etc. Anything with a screen. Dismiss the habit of reading and searching social media while dining.

Chew your food longer. Chewing 20-30 tomes can result in less food intake and allows time for the brain to receive signals that you are full. Also gives more time to enjoy your meal.

Put your food on a plate. Try using a smaller plate than normal. Don't eat out of bags or from takeout containers. Eyeballing your food helps to practice portion control by seeing how much you are eating.

Use your less dominant hand. If you are right-handed, Use the left hand and vice versa. This may take some skill, but you'll spend less time putting extra food in your mouth if focused on the act of getting it in there.

Put eating utensils down after each bite. This allows extra time to focus on taste, chewing and the overall eating experience.

Consider the ingredients in the meal. As you are chewing try to identify the herbs and flavors you are tasting, especially, in dishes you are tasting for the first time. If the cook is present strike up a conversation about it.

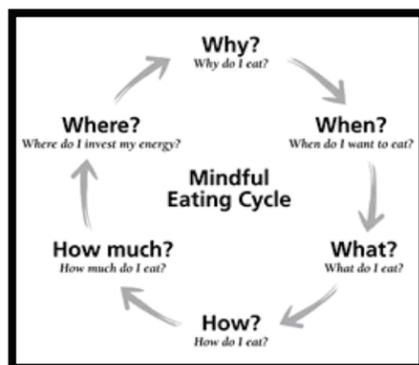
Eat in a silent setting. Silence can be very wholesome. Use the first five minutes to allow the mind to set a graceful tone for your mealtime.

Eat at the table. Don't stand, lay down, walk around or drive while eating. Take time to sit at the table and pay attention to what you eat.

Maximize the moment. Make eating an enjoyable experience. Try not to eat when stressed, too hungry or bored. Ask yourself, "Is this a good time to enjoy my meal or should I choose a healthy snack and eat later when I am feeling better?" Plan to eat when relaxed and not pressed for time.

You don't have to clean your plate. Only eat what you need to get full.

Don't forget to give thanks for the food you have before you. Approach your meal with an "Attitude of Gratitude". Do you feel good about your choices? Consider what the food is made of. Have you used your resources wisely during the decision process? Have you considered the hands that labored in the growing and preparation process? Re-center your focus to the food as means of nourishment and fueling of your temple. Along with the satisfaction of feeling fulfilled, appreciate that you'll be healthier because of the wise choices you have made. Give Thanks!



NITTY GRITTY

Art & Healing



Living with the uncertainty of a breast cancer diagnosis and meeting life's daily challenges is hard. Women in active treatment (and their supporters) may experience anxiety, fear, depression, frustration, and sadness. These feelings may go away when treatment ends; but sometimes they never fully disappear. Creating, including painting, drawing, sculpting, quilting, beading, coloring, photography—or any chosen art form—can help you share emotions that are sometimes hard to express in words. It can also reveal specific emotions that you may not even know that you have. Expressing your emotions can provide the comfort you need to cope. *Art therapy* is the use of art to promote healing—mind, body, and soul. It is expressing emotions and struggles through the healing power of art. Healing through art is grounded in the belief that the creative process, for example, painting a canvas, is an outlet to self-expression. In the healing process, fear, sadness, frustration, and anxiety are replaced by gratitude, love, joy, and above all, hope.

Art Therapy Benefits

Research has shown that for breast cancer survivors, creating art helps with physical and emotional wellbeing, with the following benefits:

- Improved quality of life
- Enhanced coping skills
- Increased resilience
- Improved mind-body-spirit connection
- Increased self-esteem
- Increased empowerment
- Reduced treatment side effects
- Less depression and anxiety



It really works

In a study of breast cancer survivors participating in art therapy, 70% said it was relaxing and 53% claimed that they felt better physically after their artistic experience.



During Chemotherapy

Art therapy can:

1. Help you relax and serve as a creative outlet
2. Provide an way to express emotions
3. Help in the search for 'meaning' during the cancer experience

During Radiation

Art therapy can:

1. Improve overall mental and physical health
2. Promote better body image
3. Help cope with treatment side effects



As Social Support

Art therapy is less about creating a masterpiece and more about being creative. Making art along other survivors and supporters in a safe environment—like a breast cancer support group—is one way to promote healing through art.

During Hospital Stays

Women participating in art therapy may need less pain medication and maybe more willing to take drugs that help with their cancer. They may also have shorter hospital stays.



SISTA AH Talk!
Women of Color Breast Cancer Support Group

SISTA AH Circle is an opportunity for new and long-term survivors and their supporters to meet for conversation and camaraderie. The *Circle* offers information, provides comfort, teaches coping skills, and reduces anxiety. It is a place to share common concerns and receive emotional support. We believe this support encourages hope, fosters strength, and promotes healing. All who gather are encouraged to freely express their own ideas and feelings. In a confidential setting, members give and receive respectful, honest, and positive feedback.

To learn more about SISTA AH Talk programs, visit our website (www.sistaahtalk.net)