

These Items Can Help You Ease Anxiety and Give Back to the Cancer Community

This fall, relax with soothing weighted blankets, natural skin care, inspiring “Cancer Ramblings” and cozy clothes that support cancer research.

September 8, 2025 By Laura Schmidt

[Rock the Treatment](#) features dozens of care packages designed to support the unique challenges faced by people of all ages living with cancer. Gift basket items are handpicked to ease the side effects of cancer treatments, including nausea, brain fog and dry skin. For those undergoing combined treatment, the [Small Combination Radiation & Chemo Gift Baskets for Cancer Patients](#) (\$119.99) features 13 must-have items that soothe dry mouth, lips and skin, boost energy and engage the mind. For gifts under \$30, check out the anti-nausea wristbands, uplifting notecards, adult coloring books and more.

Small Combination Radiation & Chemo Gift Basket for Cancer Patients

Anyone undergoing cancer treatment can benefit from products that soothe and restore skin made dry or otherwise irritated by radiation and chemotherapy. [Castle Baths](#) offers dozens of skin care options designed to revitalize and pamper skin affected by cancer treatment without using damaging or fragrant additives. [The Unscented Cancer Skin Care Gift Set](#) (\$84) features several full-size unscented aloe vera products, including a gentle juice spray and creamy body butter, natural coconut oil and two antioxidant-rich herbal bath tea bags.

Unscented Cancer Skin Care Gift Set

Weighted blankets can help alleviate some of the stress and anxiety associated with cancer and treatment. [Mosaic's Colorful Cotton Weighted Blankets](#) (\$149.95)—available in several sizes, weights and designs—offer an extra layer of comfort during treatment or at the end of a long day. Each blanket is handmade in Texas using ethically sourced materials and is sure to improve sleep quality, promote relaxation and reduce stress. (More than 2,100 five-star ratings couldn't be wrong.) If you experience hot flashes from treatment, the [Coolmax Cooling Weighted Blanket](#) (\$149.95) is made with breathable fabric designed to keep you cool and calm throughout the night.

Mosaic's Colorful Cotton Weighted Blanket

One in eight women in the United States will be diagnosed with breast cancer in their lifetime. This autumn, stay warm and show your support with the [National Breast Cancer Foundation's 1 in 8 Breast Cancer Awareness Sweatshirt](#) (\$58) featuring eight uniquely illustrated flowers. Each purchase supports the foundation's mission to uplift and inspire hope.

What goes through a person's mind as she endures five-day cycles of chemo for weeks on end? Pick up [Cancer Ramblings](#) by Sandy Duarte for an inspiring peek. After an undiagnosed tumor collapsed her lung, Duarte, an actress, learned she had Stage IV non-Hodgkin lymphoma. She began documenting her treatment journey, especially the power of "minding your mind." Via poetic musings, she shares insights that empower and heal.

