

Good Stuff That Boosts Your Quality of Life With Cancer

During quiet winter months, prioritize your well-being with oncology yoga, relaxing at-home spa nights and more.

December 11, 2023 By Laura Schmidt

Oncology yoga stimulates the immune system, improves strength and boosts overall well-being. Yoga4Cancer is an online resource that helps people manage cancer side effects such as fatigue, anxiety and stress through beginner-friendly online yoga classes. The American Cancer Society recommends between 150 and 320 minutes of yoga per week to speed recovery or defend against cancer occurrence or recurrence. Founded by cancer survivor and celebrated yoga teacher Tari Prinster, each class is tailored to the specific needs of people with cancer and survivors.

yoga4cancer.com

Denise McCroskey founded Hello Courage after she, her mom and her sister were all diagnosed with breast cancer within three years. While undergoing chemotherapy and losing her hair, McCroskey found comfort and confidence in wearing head wraps. Hello Courage offers dozens of chic, comfy headwear styles for men and women. Pre-tied scarves and lounge caps (\$9 to \$40)

offer comfort and confidence to people in treatment or growing their hair back posttreatment. For colder winter months, the soft moisture-wicking fabric of Energy Beanies (\$12 to \$19), available in a range of patterns, provides cozy warmth without inducing sweat.

Energy Beanie

After award-winning author Emily Rubin (Stalina) completed treatment for breast cancer in 2010, she launched creative writing workshops for cancer patients, survivors and caregivers at Mount Sinai Hospitals and The Blavatnik Family Chelsea Medical Center in New York City. When COVID-19 emerged in March 2020, the workshops pivoted to Zoom. Spanning fiction, essays, poetry and more, the latest collection of participants' creative output, titled *The Write Treatment Anthology Volume 2: The Pandemic Years*, addresses not only cancer but also themes that resonate with us all, including connection, confinement, family, loss and love.

People undergoing cancer treatment are in particular need of daily skin, hair and nail support, as they can experience dry skin, hair loss, weak nails and other uncomfortable symptoms. With no artificial colors or flavors, OLLY Undeniable Beauty vitamin gummies (\$14) contain biotin, which supports healthy hair and nails; vitamins C and E, which help produce collagen; and keratin, which nourishes hair and promotes growth.

Living with and managing pain caused by cancer can take a toll. Some experts recommend baths to soothe pain and quiet restless thoughts. The Wishing You a Speedy Recovery gift box (\$39.95) contains everything you need for spa-quality me time. Made by Pure Chakra, a sustainable lifestyle brand, the customizable box includes a soy candle, bath salts, a bath bomb, a live succulent and more.

The Wishing You a Speedy Recovery gift box by Pure Chakra