

Good Stuff: Nurture and Revitalize Amidst Cancer

Feel better with self-care essentials, including a weighted pillow and nutritious home-cooked meal packages.

March 10, 2025 By Laura Schmidt

When Marti Wymer's mother was diagnosed with cancer, she sent her mom the next best thing to a hug: a cozy bowl of soup and tasty desserts. [Spoonful of Comfort](#) continues to honor the memory of Wymer's mother by sending handcrafted meal packages to those who may not be able to prep meals. [The Thinking of You Package](#) (starting at \$99.99) is sure to satisfy with a full meal of soup, rolls, soft cookies and a keepsake ladle. Looking for something less savory? [The Thinking of You Cookie Package](#) (starting at \$44.99) includes one or two dozen baked treats and a personalized card.

Spoonful of Comfort, Thinking of You Package

After losing her husband to cancer, author Stacy Ryan wrote a three-part series about navigating grief, her own cancer diagnosis and slowly finding herself again. Ryan's [Whole New Life books](#) (\$6.99, Kindle; \$16.99, paperback; free, Audible with trial) detail the pivotal moments in her life that empowered her to beat breast cancer, cope with her husband's death and live life to the fullest. The books are available in paperback, eBook and audiobook (narrated by Ryan). Also worth checking out is Ryan's podcast, [Whole New Life](#), on which she candidly discusses her grief and reflects on life's ups and downs.

"Whole New Life" books

Launched by two friends supporting each other while they underwent cancer treatment, [My Care Crew](#) sells custom apparel and accessories and personalized journals. Its [Chemo Countdown: Ring-A-Ding-Ding Sweatshirt](#) (\$39) will help make chemo a little more bearable, while the empowering quotes and thoughtful prompts of the [Courage in Every Step Journal](#) (\$12) will inspire courage and distract from life's worries.

May Care Crew, "Courage in Every Step" Journal

[Natural Life's](#) inspirational self-care gifts soothe while giving back to charitable causes. For a loved one with cancer, the warm hug of the [Cozy Weighted Pillow](#) (\$35) featuring faux fur can alleviate stress and anxiety during or after treatment. Natural Life also offers playful kitchen tools, stationery, home decor, clothing and more.

Nature Life's Cozy Weighted Pillow

Whether you're shopping for someone with cancer or a caregiver, [Dear Ava](#)'s unique jewelry and gift boxes deliver joy and strengthen bonds. The [Cancer Compass Necklace Gift Box Set](#) (\$30), for example, reminds loved ones that they are not alone and deserve self-care. The set includes a lavender candle, two bath bombs, a greeting card, an engraved wood heart and the option to add a gold compass necklace.

