

Good Stuff for a Peaceful Summer for Folks With Cancer

Embrace meditative outlets with an affirmation-filled adult coloring book, luxury journal, comforting chemo care package and more.

June 10, 2024 By Laura Schmidt

It can be difficult to articulate your love and support to someone diagnosed with cancer. The unique [Love Heals Journal](#) (\$65) is an interactive 160-page journal/kit featuring sections you'll personalize before sending to your loved one. It's filled with guided prompts, inspirational quotes, an embroidered bookmark, 90 blank pages, a sticker sheet and more, but the personal touches will ensure the recipient never feels alone.

Did you know that many people with cancer become sensitive to smell before, during and after treatment? Just Don't Send Flowers specializes in thoughtful alternative gifts for folks undergoing cancer treatment. The [Big Queasy Cancer Care Package](#) (\$135) features a dozen comforting items, including soap and bath treatment for dry skin, a soft fleece blanket, puzzle book, neck pillow and more. Most gift bundles offer items you can customize to match the style of your loved one, including the [Chemo and Radiation Gift Combo](#) (\$110).

Just Don't Send Flowers' Big Queasy Cancer Care Package

For nearly 20 years, Hats for Healing has created stylish, protective headwear and accessories in vibrant colors and styles. Made of 100% lightweight organic cotton, its full-coverage chemo hats soothe irritable scalps and shield the wearer from the sun all summer long. The [Reversible Wide Brim Sun Hat](#) (\$52) provides UPF 50 protection in 15 unique designs. The smaller [Sun Hat](#) (\$52) offers equal protection with a stretch cotton jersey band that moves with you, making it perfect for outdoor activities.

Hats for Healing's Reversible Wide Brim Sun Hat

It's summertime, so why not enjoy a cancer-themed beach read billed as "a weirdly funny book about mortality"? A breast cancer diagnosis inspired Lori Jakiela's fourth published memoir, [They Write Your Name on a Grain of Rice](#) (paperback, \$17), in which she reflects on how her cancer journey upended her personal life. The essays in this stream-of-consciousness book are punctuated by Jakiela's existential musings and span topics such as family, genetics and the Rust Belt and will likely bring to mind the sorts of conversations you've had with longtime friends.

Many adults living with cancer turn to coloring to pass time during treatment. [Coloring Through Cancer](#) (paperback, \$7.70) features 30 pages of powerful affirmations selected to alleviate anxiety and fear. Coloring is a meditative outlet that can reduce stress, boost one's immune system and improve sleep, memory and overall well-being. Inspired by her mother, who found solace in coloring while undergoing breast cancer treatment, creator Sarah Renae Clark includes in the book such affirmations as "My courage is stronger than my fear." Novice colorists can take tutorials, download coloring pages, watch YouTube videos and join virtual groups via [SarahRenaeClark.com](https://www.SarahRenaeClark.com).

