Wellness Toolbox

Finding ways to stay physically active, eat well, connect with others and ease stress are part of every cancer patient's and survivor's wellness journey. These resources can help.

September 14, 2020 By Alicia Green

Livestrong at the YMCA

Are you a survivor looking to get back on your feet? This partnership between Livestrong and the YMCA promotes physical activity after cancer treatment. Cancer survivors are invited to participate in free or low-cost exercise regimens customized by certified fitness instructors. Contact your local Y to find out whether the program is available in your area or online.

Look Good Feel Better

Women who want to learn more about skin care, makeup, wigs and head coverings to help manage the appearance-related side effects of cancer treatment can tune in to Look Good Feel Better's workshops, offered virtually in both English and Spanish during the coronavirus pandemic.

Wellspring Global

Wellspring Global brings stress management and wellness resources into your home for free. The website hosts live events for cancer patients and survivors and offers recorded classes on yoga, mindfulness, meditation, qi gong, exercise, nutrition and cooking, and better sleep.

American Institute for Cancer Research

When treatment ends, cancer survivors must learn to navigate a new normal. AICR's iTHRIVE program is a free educational tool that helps survivors create an integrative approach to health through personalized, physician-approved wellness plans. AICR's recipes for a variety of appetizers, entrees and other dishes, including vegetarian choices, can also help with the nutritional side of living with cancer.

Cancer Support Community

Cancer Support Community knows that social support is a key element of wellness, which is why it's transforming the cancer experience through community and connection. It offers a variety of resources, including the Cancer Support Hotline (888-793-9355), the Cancer Experience Registry for sharing your journey with other people living with cancer and an online community that brings together patients, caregivers and loved ones.

National Center for Complementary and Integrative Health

The NCCIH provides science-based information on the usefulness and safety of complementary health approaches for cancer prevention, treatment and symptom management, including herbal supplements, acupuncture, massage and yoga.

Society for Integrative Oncology

Anyone who wants to learn more about integrative oncology can visit the SIO website for comprehensive evidence-based guidelines, clinical trial information and tips on how to find credible, science-based information on the internet.

Community Mindfulness Project

In addition to offering free audio-guided meditations and a weekly blog, Community Mindfulness Project encourages people to tune in to its free daily meditation sessions via phone dial-in (857-799-9498). These 17 live, science-based meditations will help support your overall well-being.

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