

Good Stuff: Winter Comforts for Those With Cancer

Get cozy in winter apparel, set goals with a self-care app and shop for meaningful gifts that give back to cancer research.

December 9, 2024 By Laura Schmidt

Meet your mindfulness goals, track healthy habits and reduce anxiety while caring for a cute feathered friend. [The Finch: Self-Care Pet](#) app supports mental health with personalized journal prompts, guided meditations, breathing exercises, medication reminders and more via a charming, gamified interface. Set goals as simple as making your bed or taking a walk around your neighborhood; each completed goal earns you points to help your bird grow. Finch makes meeting targets fun and rewarding. Try a one-week free trial, then pay \$39.99 annually.

The Finch: Self-Care Pet app

[The Elephant in the Room](#) is a one-stop shop for thoughtful handcrafted gifts for those with cancer, health care workers and more. Send someone you love a Hospital Care Package (\$63) including aromatherapy skin oil, a pillow and room mist, a handmade luxury notebook and a natural lip balm, or show your appreciation for a kindhearted essential worker by gifting them the “Legend Nurse” Thank You Gift Box (\$32).

The Elephant in the Room's "Legend Nurse" Thank You Gift Box

The American Cancer Society's [online store](#) features hundreds of quality items, including totes, shirts, drinkware and accessories. Combining style with function, its Winter Clothing Collection will keep you warm and comfortable all season long with must-haves, like the Bella Canvas Hoodie Sweatshirt (\$44), made of soft, breathable fleece. And whether you're relaxing at home or enduring lengthy treatment sessions, sip your favorite beverage in style with the 20 oz. Merry and Bright White Tumbler (\$23.50), designed to keep drinks hot or cold for hours. Each purchase supports essential research to advance cancer prevention and treatment.

The American Cancer Society's Bella Canvas Hoodie Sweatshirt

[Things Went T*ts Up!](#) (\$15.65) by Dearbhaile O'Hare will inspire and comfort any reader affected by cancer. A collection of reflections, poetry and illustrations, the book speaks to the roller coaster of emotions and inner strength needed to live and thrive with cancer. With humor and honesty, O'Hare discusses her personal journey from breast cancer diagnosis to treatment and beyond. All profits from the sale of the book go to the Marie Keating Foundation and Purple House cancer charities.

Show a loved one you care by supporting [Choose Hope](#), which donates 10% of its net profits to cancer research and has raised almost \$1 million since its inception. Its Cancer Care Gift Tote (\$85) contains creature comforts like slipper socks, a soft plush blanket, a journal and a water bottle. Browse the Choose Hope site by cancer type for personalized apparel, jewelry, skincare and more. First-time shoppers enjoy 10% off their first order.

Choose Hope's Cancer Care Gift Tote