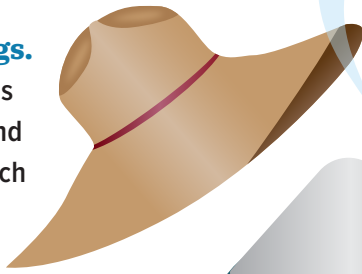


Your at-Home Toolbox for Early-Stage Breast Cancer

1. Try out head coverings.

If you're dealing with hair loss during treatment, you may find comfort in head coverings such as scarves, hats, or wigs.



2. Turn on tunes.

Create a playlist of songs that make you feel calm and happy. Music you associate with good feelings can help lower your feelings of anxiety and uneasiness.



3. Wear comfortable clothes.

Dress in comfortable shoes. Choose clothing that has an elastic waist and is stretchy, especially on days you have treatment. Consider whether you'll need access to a port through your clothing. Dress in layers in case you feel cold during chemotherapy treatments.



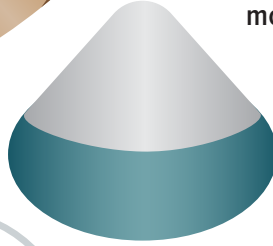
4. Simplify hygiene tasks.

Shower chairs provide support when fatigue makes it hard to stand up for a period of time. If showering is too much, try disposable wipes, or simply use a washcloth to stay clean.



5. Stimulate your sense of smell.

For some people, aromatherapy can help improve mood and sleep and lessen anxiety, nausea, and pain.



Choose an essential oil that smells good to you, and use a diffuser to have a gentle aroma in your home.

6. Meditate.

Meditation is a practice of focusing inward and allowing thoughts and distractions to come and go without judging them. It can help reduce your anxiety and stress and improve your sleep. You can use an app to help guide you through meditation, or practice it on your own.

7. Have a heating pad handy.

Some types of chemotherapy may make you extra sensitive to cold. Heat not only warms you; it can also relieve sore muscles and pain.



8. Grab some ginger.

Help quell nausea and vomiting spells with gingerroot. You can chew ginger candies or put fresh ginger in your meals.



Reviewed by Brunilda Nazario, MD, on 10/16/2023

SOURCES: MD Anderson Cancer Center: "How to manage nausea from cancer treatment," "How to cope with cold sensitivity during chemotherapy." Cancer.net: "How Music Can Help You Cope During Cancer: An Expert Perspective." American Cancer Society: "Take a Moment with Meditation." National Cancer Institute: "Aromatherapy with Essential Oils."