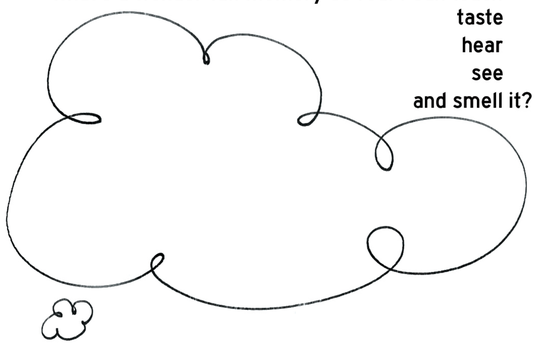
my power memory
what's a wonder-full memory so real I can touch
taste
hear
see
and smell it?



this is a time and place i can go anytime i want.
when life is too much, i can remember.

what i most want my family and loved ones to know is:

in the waiting

an exploration for
cancer patients
and their loved ones

by
rachel helden

hello there,

i thought of these exercises while i was volunteering at siteman cancer center in st. louis, missouri. my dad was treated there, so i understand a portion of what you're going through. i hope these pages bring joy your way.

thinking of you,
rachel

www.rachelhelden.com
@_photonomad_

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unfold this booklet for more activities
and cancer related resources

what i think about when
i'm waiting...
...and there is a lot of
waiting...

a word i had never heard of
before treatment is:

_____

other new things are:

something i want to communicate but don't know
how and/or it seems trivial is:

cancer makes me feel/
my loved ones cancer makes me feel:

(think of a word of phrase starting with each letter...
it's okay if a couple are challenging
and you have to make
something up like
"x-amining".)

a	n
b	o
c	p
d	q
e	r
f	s
g	t
h	u
i	v
j	w
k	x
l	y
m	z

when i'm having a hard day,
things that could help me through
and make me feel better are:

my biggest struggle has been:

i wish i could...

how can i be more patient as a patient
(or with a patient)?

a way i feel loved
in all of this is:

(ask a close friend or family member if they would
do this for you / help you achieve this.)

name the friends that bring me joy and try to list one
thing they've done or said that lifted me up:

if i could draw a picture of my experience
and this time of my life it might look like:
(feel free to use art supplies, collage, or pen + pencil.)

ps - this is not about how it looks in the end,
it's about how you feel while making it.

podcasts →

the after life
quests share their stories of transformation after loss

all there is with anderson cooper
a deeply personal exploration of loss and grief

grief out loud
opens up the conversation around grief

healing with david kessler
explore ways to focus on the power of our own healing from grief, trauma, and life's disappointments

hidden brain
explores the unconscious patterns that drive human behavior and questions that lie at the heart of our complex and changing world

oprah's super soul
awaken, discover, and connect to the deeper meaning of the world around you

sounds true: insights at the edge
tami simon interviews spiritual teachers, visionary writers, and living luminaries about their newest work and current challenges

tara brach
meditation, emotional healing, and spiritual awakening

reading recommendations →

broken open: how difficult times can help us grow
by elizabeth lesser

change your thoughts - change your life: living the wisdom of the tao
by dr. wayne w. dyer

finding meaning: the sixth stage of grief
by david kessler

the grief deck: rituals, meditations, and tools for moving through loss
by adriene jenik and artists' literacies institute

sunrise gratitude: 365 morning meditations for joyful days all year long
by emily silva

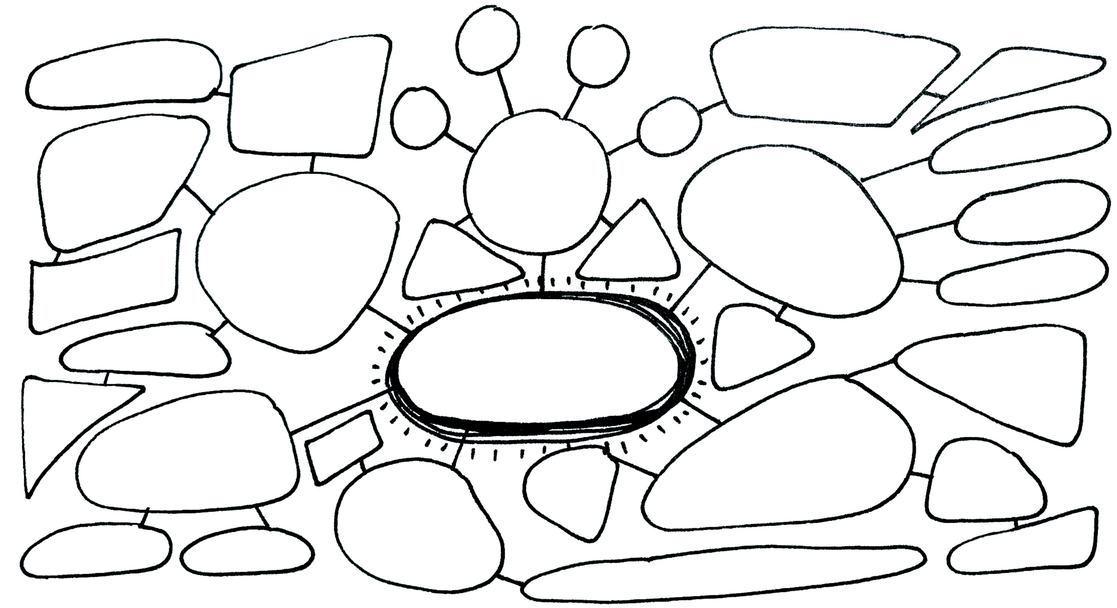
when breath becomes air
by paul kalanithi

when things fall apart: heart advice for difficult times
by pema chödrön

the year of magical thinking
by joan didion

your brightest life journal: a creative guide to becoming your best self
by caroline kelso zook

word map / begin with the bold circle at the center with a defining word or phrase in your life right now. examples: "me", "my health", "cancer", "love", "my fears", "support system". following the lines to the next shapes, what are the secondary words or phrases associated with that? continue to follow the lines and add words.



coloring to de-stress / what color is the awareness ribbon for the type of cancer you've been affected by?

wellness →

david gandelman / meditationschool.us
provides enlightening meditations and trainings

insight timer / insighttimer.com
a free app for sleep, anxiety and stress that offers meditations, music, and courses

lee harris energy / leeharrisenergy.com
intuitive guide who leads monthly video energy updates

mystic valley / mysticvalleystl.com
create your best life with metaphysical items like crystals, incense, and gifts

singing bird wild feminine life coaching / singingbirdcoaching.com
leads clients to be alive, embodied, and love themselves without conditions

souls adventures / soulsadventures.com
life coach and author who supports clients to harness their bravery to bring their gifts into the world

wellness with ashaleah / ashaleah.com
kundalini yoga teacher and licensed massage therapist offering healing classes and retreats

yoga buzz / yogabuzz.org
challenging your perception of yoga

cancer related resources →

cancer support community greater st. louis / cancersupportstl.org
work to empower those affected by cancer

myfirstcancer.com
a blog about a personal cancer journey that is relatable to anyone who has had a brush with the disease

caregiving.com
a great resource for family caregivers and former family caregivers

siteman cancer center patient and family services / siteman.wustl.edu/visiting/patient-and-family-services

grief care →

care and counseling / careandcounseling.org
multiple centers in the st. louis area with specialists in grief therapy

david kessler / grief.com
author, public speaker, death and grieving expert

griefshare / griefshare.org
a christian affiliated organization that offers support groups around the globe and online

instagram.com/grieftogloriousunfolding
inspirational writer, from loss to hope