

THE CHRYSALIS



Patient Navigation + Wholistic Health + Holistic Wellness = Complete Wellness

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Butterfly
BEGINNINGS

My Journey. My Destiny.

OUR MISSION & VISION

Our mission is to provide education and awareness about breast cancer and to provide support and resources to help navigate the journey to wellness for breast cancer patients.

Our vision is to navigate breast cancer patients by making them aware of their healthcare options and proper resources along their journey.

TEN AFFIRMATIONS FOR ANXIETY & SELF-CONFIDENCE

Everyone has days where they feel one-upped or second-best. However, life is a race meant to be run looking ahead, not to the side. Focusing on the performance of others can hinder your own. Instead, try focusing on core truths that you know about yourself. It may sound cheesy at first, but it can greatly influence your mental state and inner monologue. Here are some affirmations to help keep your anxiety low and your self-confidence high.

10 Affirmations to Help You Reduce Stress and Anxiety

1. I am resilient; I can make it through this difficult time.
2. I inhale the good and exhale the bad (also try inhaling positivity/ light and exhaling negativity/ darkness).
3. I am not my anxiety.
4. I forgive and release the past and look forward to the future.
5. I don't judge myself.
6. I don't compare myself to others.
7. I believe in myself.
8. I have survived my anxiety before and I will survive again now.
9. I am not in danger; I am just uncomfortable; this too will pass.
10. I am in charge of my breathing.

10 Affirmations to Boost Self-Confidence

1. I can do anything I set my mind to.
2. I let go of limiting beliefs and choose to trust myself.
3. All I need to succeed is within me.
4. I am enough.
5. I am growing and learning every day.
6. I value myself.
7. It's okay to leave my comfort zone.
8. I deserve to feel good about myself.
9. Every challenge I overcome is a success.
10. I know I don't have to be perfect.

Write down any affirmations that stick out to you and repeat them to yourself out loud, in the mirror, or in your mind to help you adopt a positive mindset and give yourself a boost. Search the internet or find a mindfulness app, video, or book to find more affirmations on self-confidence.



HOLISTIC WELLNESS



PREMIUM GRADE CACAO

We will honor the ancient wisdom of this sacred plant medicine, allowing its heart-opening properties to guide us on a profound inner exploration



BREATH WORK

Through rhythmic breathing, we will release stress, tension, and emotional blockages, allowing for a heightened state of clarity, vitality, and inner peace



REIKI ENERGY HEALING

Through gentle touch and non-touch techniques, Reiki helps to balance the body's energy centers, dissolve energetic blockages, and restore harmony on all levels

WHOLISTIC HEALTH

National Survivor's Day - June 2nd

On Sunday, June 2, 2024, people around the world will come together to recognize those living with a history of cancer, raise awareness of the ongoing challenges of surviving the disease, and celebrate life, as part of the 37th annual National Cancer Survivors Day®.

No one is immune from the effects of cancer. According to the most recent global estimates, one in five men and one in six women will develop cancer over the course of their lifetime. Currently, more than 18.1 million people are living with and beyond cancer in the U.S. today. And an estimated 53.5 million people have survived cancer within the past 5 years worldwide.

On Sunday, June 2, 2024, people around the world are joining together to acknowledge these cancer survivors, and to raise awareness of the challenges of cancer survivorship, as part of the 37th annual National Cancer Survivors Day® Celebration of Life.

National Cancer Survivors Day® is an annual worldwide Celebration of Life that is held on the first Sunday in June. Hundreds of cities across the U.S. and abroad will hold celebrations on this day to honor the cancer survivors in their community, to raise awareness of the ongoing challenges cancer survivors face, and – most importantly – to celebrate life.

“A ‘survivor’ is anyone living with a history of cancer – from the moment of diagnosis through the remainder of life,” according to the National Cancer Survivors Day Foundation, administrator for the celebration.

“Cancer survivorship isn’t about just being alive after cancer. It’s about living life as fully as possible,” says Foundation spokesperson Laura Shipp. “National Cancer Survivors Day® gives all cancer survivors – and those who love them – an opportunity to come together to celebrate life and show the world that you can have a full, meaningful, beautiful life after a cancer diagnosis.

“NCSD is also a call to action. As many survivors will tell you, the effects of cancer don’t end when treatment does. Cancer survivors face ongoing, often long-lasting, hardships because of their disease, including potentially devastating financial setbacks. On National Cancer Survivors Day®, we want to raise awareness of the many challenges of cancer survivorship and call for further research, more resources, and increased public awareness to improve cancer survivors’ quality of life.”

The National Cancer Survivors Day Foundation is encouraging everyone – cancer survivors, caregivers, healthcare professionals, family members, and friends – to join the worldwide celebration. To find out how your community is celebrating, contact the National Cancer Survivors Day Foundation. You can also host a celebration of your own using the resources available through the National Cancer Survivors Day® website, ncsd.org.

Additionally, the Foundation is offering a way for everyone, whether attending a local Celebration of Life or celebrating in their own unique way, to connect with fellow cancer survivors and supporters around the world on Sunday, June 2. You can follow the celebration online by using the hashtag #NCSD2024 and following National Cancer Survivors Day® on Facebook ([Facebook.com/CancerSurvivorsDay](https://www.facebook.com/CancerSurvivorsDay)), Instagram ([@cancersurvivorsday](https://www.instagram.com/cancersurvivorsday)), and Twitter/X ([@survivorsday](https://twitter.com/survivorsday)).

WHOLISTIC HEALTH

National Survivor's Day - June 2nd

The nonprofit National Cancer Survivors Day Foundation offers free guidance, education, networking resources, and assistance to hundreds of hospitals, support groups, and other cancer-related organizations that host official National Cancer Survivors Day® celebrations. The Foundation's primary mission is to bring awareness to the issues of cancer survivorship in order to improve the quality of life for cancer survivors.

As the number of cancer survivors continues to increase, it is becoming ever more important to address the unique needs of this growing population. In addition to facing a serious illness, cancer survivors must contend with rapidly rising medical costs; inadequate insurance coverage; difficulty finding or keeping employment; and ongoing physical, psychological, and financial struggles that persist even after treatment ends.

The National Cancer Survivors Day Foundation – along with NCSA 2024 national supporters Amgen, Aveo Oncology, Convatec, Coping with Cancer, Deciphera, Erasca Foundation, Hologic, Ipsen, Johnson & Johnson Innovative Medicine, and Springworks Therapeutics – is encouraging people across the globe to stand with these survivors on National Cancer Survivors Day® and bring attention to these challenges of cancer survivorship.

“So much progress has been made in the fight against cancer since the very first National Cancer Survivors Day® was held in 1987,” says Shipp. “However, we need to make sure that cancer survivors aren't forgotten once treatment ends. It's important that we address the long-term effects of cancer because cancer survivors deserve the best possible quality of life after facing this life-threatening disease.”

Leading up to National Cancer Survivors Day®, the NCSA Foundation urges everyone to spread the message

that cancer survivorship isn't about just being alive after cancer. It's about living life as fully as possible.

The following is a suggested post for your social media pages:
Cancer survivorship isn't about just being alive after cancer. It's about living life as fully as possible. On National Cancer Survivors Day, June 2, let's come together to #CelebrateLife and bring attention to the ongoing challenges cancer survivors face. #NCSA2024

National Cancer Survivors Day® 2024 is supported nationally by Amgen, Aveo Oncology, Convatec, Coping with Cancer, Deciphera, Erasca Foundation, Hologic, Ipsen, Johnson & Johnson Innovative Medicine, and Springworks Therapeutics.

About the Foundation

The nonprofit National Cancer Survivors Day Foundation provides free guidance, education, and support to hundreds of hospitals, support groups, and other cancer-related organizations that host National Cancer Survivors Day® events in their communities. The Foundation's primary mission is to bring awareness to the issues of cancer survivorship in order to better the quality of life for cancer survivors.

About National Cancer Survivors Day®

National Cancer Survivors Day® is a poignant, inspiring Celebration of Life led by the National Cancer Survivors Day Foundation. It is also a call to action for further research, more resources, and increased public awareness to improve the lives of cancer survivors. On National Cancer Survivors Day®, thousands gather across the globe to honor cancer survivors and to show the world that life after a cancer diagnosis can be beautiful, meaningful, and triumphant.

It is a day for everyone, whether you're a cancer survivor, a family member, friend, or medical professional. This day offers an opportunity for all people living with a history of cancer – including America's more than 18 million cancer survivors – to connect with each other, celebrate milestones, and recognize those who have supported them along the way. It is also a day to draw attention to the ongoing challenges of cancer survivorship in order to promote more resources, research, and survivor-friendly legislation to improve cancer survivors' quality of life.



SUMMER RECIPE

How to Make Chickpea Salad

You only need a few ingredients to make this delicious chickpea salad.

1. **Chickpeas:** You can use homemade chickpeas or canned, these add a decent amount of protein.
2. **Persian Cucumber:** Persian Cucumbers have no seeds, they're smaller, like a baby cucumber. If you cannot find these you can use 1/3 of an English cucumber.
3. **Roma Tomatoes:** Roma tomatoes are firm and easy to remove the seeds.
4. **Red Pepper:** Red peppers add sweetness, vitamin C, B6, and folate – feel free to add the whole thing or snack on the other half.
5. **Red Onion:** Red onions add another crunch, a little bitterness, and beautiful color.
6. **Lemon Juice:** The lemon juice adds acidity and brightness.
7. **Herbs:** Fresh Parsley is our herb of choice for this fresh salad, you could also add in cilantro if you'd like.
8. **Seasoning:** Salt completes this and brings all the flavors together. You can leave out if needed.
9. **Combine:** Chop up the vegetables into bite-size pieces and mix into a bowl with the chickpeas. Chop the parsley and mix with the lemon juice and salt. Pour over the salad and toss to combine.

CONNECTION TO MISSION



The comfort of the “Chrysalis Care Kits”

Thank you for a fantastic comfort basket. The pillows have helped me relieve the pressure on my stitches. The blanket and socks kept me warm and relaxed when I could not sleep. The word puzzle kept me company. The drainage pouches gave me a comfortable way to cover up the pumps for Thanksgiving dinner with my family. You thought of so many useful items.

Thank you Brenda

UPCOMING EVENTS

- | | |
|-----------|------------------------------------|
| Jun 2nd | National Cancer Survivor’s Day |
| July 20th | Van Day @ Whitestone MBC |
| July 20th | Resource Fair with Senator Mosely |
| Aug. 31st | Rhonda's Holistic Wellness Program |
| Oct. 26th | Hula Hoop A-Thon |
| Nov. 9th | Mammogram Day |

Visit www.butterflybeginnings.org
for more info about our events.

