



LIVING BEYOND  
BREAST CANCER®

**From coping to thriving:**

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CARING FOR YOURSELF AFTER  
BREAST CANCER



# You've got this.

Congratulations on taking an important step in your self-care journey by accessing this video series and resource guide.

Hearing the words “it’s breast cancer” is the starting point of a whirlwind experience of doctors, treatments, and side effects. Active treatment leaves little time and energy to process your emotions and adjust to the physical and mental changes you are going through.

We created a video series to help you care for yourself and thrive when you finish active treatment. In these videos, and throughout this guide, you will learn about tools for processing your emotions, making meaning, accepting your changed body, and managing fear of recurrence.

**We're here for you,**  
Living Beyond Breast Cancer Team

This video series and guide are not a substitute for mental health treatment.

PRESENTING  
ORGANIZATIONAL PARTNER



SIGNATURE



BENEFACTOR



FRIEND

Jefferson Health/  
Sidney Kimmel  
Cancer Center

# Fear of recurrence

Sage Bolte, PhD, LCSW, CST | Chief Philanthropy Officer & President, Inova Health Foundation

Fear of recurrence, or fear of the cancer coming back, is one of the most common worries among people with breast cancer. This fear can have a powerful effect on the quality of your life. This video explores common triggers and explains what you can do to manage your feelings and take control of what you can to live fully beyond your fear.

## ADDITIONAL RESOURCES

[Learning to live with my fear of recurrence](#)

[Managing Your Fear of Recurrence](#)

[Mindfulness meditation for resilience](#)



**NOTES** Use this space to write your key takeaways.

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# Coping with changes to body image

Sage Bolte, PhD, LCSW, CST | Chief Philanthropy Officer & President, Inova Health Foundation

Breast cancer can take a toll on how you relate and feel about your body. This video offers insight on what factors can impact body image and provides you with practical first steps toward self-acceptance and love.

## ADDITIONAL RESOURCES

[Deciding to Go Flat: Yael Levin](#)

[8 Tips for Body Acceptance After a Mastectomy](#)

[Loving the skin you're in: Breast reconstruction, body image, and body positivity](#)



**NOTES** Use this space to write your key takeaways.

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# Making sense, making meaning after a breast cancer diagnosis



Eucharía Borden, MSW, LCSW, OSW-C | Senior Director of Health Equity, Cancer Support Community

What does “getting back to normal” look like after a breast cancer diagnosis? How do you make sense of what has happened and what does the way forward look like? This video will unpack these questions and provide you with tips on how to process the impact of your experience.



**WATCH NOW**

**NOTES** Use this space to write your key takeaways.

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## ADDITIONAL RESOURCES

[Making meaning after a diagnosis of breast cancer](#)

[Newly Out of Treatment: What Now?](#)

[What I Wish I Knew: Nothing really prepares you for breast cancer](#)

# Living with a history of triple-negative breast cancer



**Melissa Berry** | Founder, Cancer Fashionista | Host, Dear Cancer, I'm Beautiful  
Board Member, Triple Negative Breast Cancer Foundation

**Valerie Blackwell-Howard** | Patient Advocate, Triple Negative Breast Cancer Foundation

Melissa Berry and Valerie Blackwell-Howard, two women diagnosed with triple-negative breast cancer, discuss their diagnosis, life after treatment, and how they have each moved forward while living with a history of TNBC.

## ADDITIONAL RESOURCES

[Ask the expert: Triple-negative breast cancer with Elaine Walsh, MB BCh BAO, PhD](#)

[TNBC and Me: Thriving After Triple-Negative Breast Cancer](#)

[TNBC and Me: The Importance of Mental Health](#)



**WATCH NOW**

**NOTES** Use this space to write your key takeaways.

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# Get support

## BREAST CANCER HELPLINE

Get matched with a trained volunteer who has a similar experience to you for peer-to-peer support.

[LBBC.ORG/HELPLINE](https://lbbc.org/helpline) | 888-753-5222

## YWICONNECT TEXT MESSAGING SERVICE

Get the latest news, blogs, and event updates for young women diagnosed with breast cancer before age 45 right to your phone. Text **LBBC** to **25827** to sign-up, or visit [LBBC.ORG/YWICONNECT](https://lbbc.org/ywiconnect) to learn more.

## PRIVATE FACEBOOK GROUPS

[Breast Cancer Support for All Ages, All Stages](#)

[Breast Cancer Support for Young Women](#)

[Support community for high risk](#)

## STAY CONNECTED



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