

Keynote presentation

LIVING BEYOND
BREAST CANCER®

Supporting the whole you with Unite for HER

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WHY IT MATTERS



Helps stay connected to your body's needs in a busy, stimulating environment.



Reduces fatigue, stress, and feeling overwhelmed.



Supports steady energy, mental clarity, and comfort throughout the long days.



Encourages realistic expectations and compassion for your limitations.



3 WAYS TO PRACTICE BODY KINDNESS + NOURISHING NUTRITION



CHECK IN WITH COMPASSION



Give yourself permission to notice what you need - and adjust.



What does my body need right now - rest, quiet, food, fluid, or movement?



Is this session feeding my energy or draining it?



Do I need to step out for a few minutes?



NOURISH, DON'T PUNISH

*Conference food can be unpredictable.
Focus on **small, supportive additions**
rather than strict food rules.*

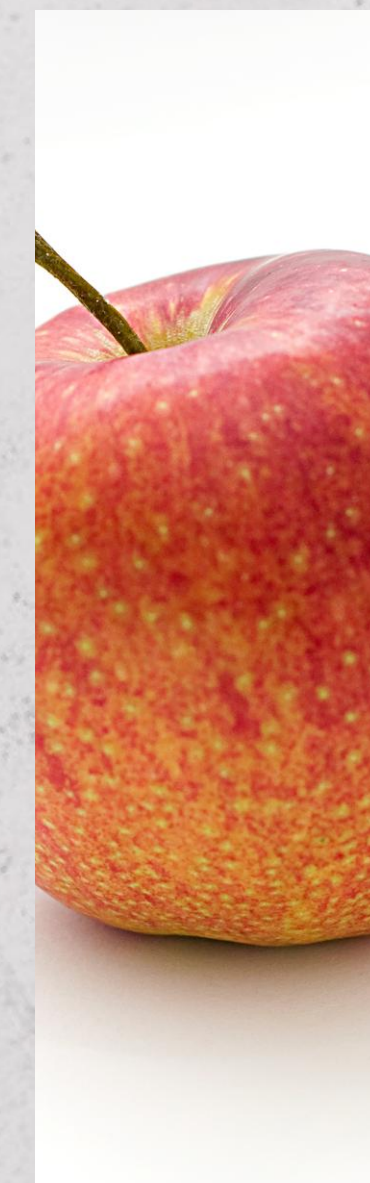
Add a **protein** source at meals or snacks.

Include a **fruit or vegetable** when available.

Stay **hydrated**.

Pack **simple snacks** in your bag.

Honor appetite **changes**.





HONOR MOVEMENT + REST

Balance activity with recovery –
your energy is precious.

Take **movement** breaks.

Use **rest** strategically.

Wear comfortable **clothes and shoes.**

Prioritize **sleep.**

Move gently in the mornings.





*Rest is not 'missing out.' Rest lets
you participate more fully.*


SELF-CARE PROMPTS



 "Today, I'll show my body kindness by _____."

 "I'll pack these snacks to help keep my energy steady: _____."

 "One boundary I'll honor to protect my energy is _____."

 "One session I'll let myself skip if I'm tired is _____."





**THANK
YOU!**

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