



What's in the **Friends Beside You** October Box?

Self-Care/Pamper Yourself: When you are going through rough times, it's key to remember to give yourself time for self-care. Several items in your box are to help you remember you deserve **YOU** time!

Lapcos Daily Skin Mask - Aloe (\$7.99):

Aloe and cucumber fruit extract sheet mask to moisturize and soothe stressed skin. This is another way you can pamper yourself in the midst of stress. Take 10 - 20 minutes to relax with this mask on. It's a great time to close your eyes and practice visualization techniques if that is something that helps you. (keep an eye out for our email with links to videos on cool visualization techniques)

Vanilla Sugar Bath Bomb(\$10.99):

These bath fizzies are a nice way to be in the moment (rather than in your head) when you take a bath. We all need time to decompress and stop thinking about the hard stuff. Give yourself a half an hour with some relaxing music, some candles, and a bath bomb to allow yourself time to stop thinking.

Essentials: We always throw in some "essentials" or items that you'd most likely grab anyway, but we try to find something that either makes it easier or is specifically created for someone dealing with cancer treatments.

Friends Beside You Vitamin E Moisturizer (\$9.99) -

This botanically-rich daily skin creme delivers deep, long-lasting moisturization and effectively helps minimize the visible signs of aging. Rejuvenating Vitamin E replenishes lost moisture. Vitamin E is said to help with scarring as well.

Friends Beside You Thank you cards (4 pack - \$4.99):

As you go through this journey, you have people helping you along the way. It's some times exhausting to give people the thanks you want, so we've tried to make it easy by including thank you notes to give out and some stickers with thank you sentiments you can just pop in the cards if you would like. We aim to make things as easy as we can for you.

Balance & Emotional Care: As a group of people who've lived through cancer and have lost people to cancer, we all agree that balance and tools to deal with the fear and stress of it are key. Every month, we put in tools for balance and to reduce stress in hopes that it helps ease your journey.

Genuine Moleskin Journal (\$9.99):

Journaling is one of the best ways to release some of the anxiety that often goes along with dealing with cancer. Take a look at the prompt list inside your journal to see if anything helps you get started writing. It's a form of self-expression that can lift and empower you to understand complex feelings and often find humor as well.

Original Ocean Photo with Quote (\$9.99):

You can take this to treatments with you and use it to help practice visualization. A trained therapist can help you learn how to practice visualization.

You create images in your mind that can help you to relax, feel less anxious, sleep better, and reduce pain. You use all of your senses – sight, touch, hearing, smell, and taste. For example, you may want to think of a place or activity that made you happy in the past or a place you'd like to be (such as by the ocean, breathing in the salty air, hearing the waves crash and the sand shift, feeling the warmth of the sun's rays...you get the idea. 😊).

Hope Bracelet (\$12.99):

The hope bracelet is both pretty and practical. First, it's nice to have something just because, every once in a while. The beads are there to rotate if you are feeling anxious. You can count them and breathe to help reduce anxiety. Or, you can always gift the bracelet to someone!

Mastering Mindfulness Book (\$14.99):

Research has shown that **mindfulness helps** us reduce **anxiety** and depression. By teaching awareness for one's physical and mental state at the moment, **mindfulness** allows for more adaptive reactions to difficult situations. **Mindfulness** works in a number of ways. It encourages us to open up and accept our emotions. Kim Davies does a great job of making it easy to understand how to embrace mindfulness. And we'll admit it, we really love the photos in the book too! We hope they put a smile on your face too!

We hope you love your box as much as we loved putting it together for you! We have a facebook group where you can get inspired, share, vent and learn.

<https://www.facebook.com/friendsbesideyoubox/> Hope you'll join us there. If you have any feedback for us, or just want to chat to someone who's been through this too, feel free to reach out to friendsbesideyoubox@gmail.com