

A monthly newsletter for gynecologic cancer survivors. This member's only newsletter will feature articles, stories, inspiration, events, recipes, & more written for survivors by survivors. Proudly published each month by GYNCA.

## DID YOU KNOW.....

When fighting a battle against cancer, finding ways to feel uplifted and motivated to move forward is crucial. While treatment is meant to create a path towards healing, the actual process and resulting side effects can be painful & emotionally difficult to manage. Many options for managing these side effects focus on the body & lessening physical discomfort. However, during this journey, believing in the power of the mind & the thoughts you have can also really make a difference.

Here are some ways to help manage the emotional toll treatment can take:

### 1. GET A MASSAGE.

Massage Therapist say that stress is the biggest killer & tends to hinder the body's ability to heal itself. The body tightens up, traps toxins, & creates painful knots in your muscles. Massage loosens the muscles, releases toxins, & when you drink water, flushes those toxins out. In essence, it gives you back the strength you need to heal.

### 2. GET A MAKEOVER.

The changes you go through during cancer treatments can take a serious toll on your self-esteem. As your confidence dwindles, so do your defenses & your immune system. Getting your mojo back is a great way to help you feel strong again & to give your body a power boost.

### 3. GO TO A PHOTO SHOOT.

Photographers often take pictures of women going through cancer & say it is essential to feel beautiful, even sexy, during & after cancer treatments. Feel connected with fellow cancer survivors & connect with yourself. Feel gorgeous, pampered, & be reminded of the beauty each of us share. A beautiful picture taken when you feel you have lost your femininity can go a long way toward helping you see yourself with fresh eyes. Take a family member or friend with you if you like, just go crazy & have fun.

### 4. GO ON A RETREAT.

Sometimes you just need to get away. Yoga retreats are perfect. A few days of yoga classes, organic food, massage sessions, & meditation periods help you to slow down, remember your body, & reconnect to your spirit. You may walk into it stressed/frazzled & walk out refreshed with the extra bonus of having established new friendships.

### 5. CREATE YOUR OWN SPA DAY AT HOME.

Can't afford a spa treatment? Feel too ill to go out? It's okay. You can create your own spa experience without too much effort.

Follow these tips to pamper yourself head to toe in your own home:

Clear an area in your home where you can have the experience. Light some candles & put on some of your favorite relaxing music. Wash your face with a gentle cleanser. If you have time, take a nice, hot bath with some essential oils dropped in to create your favorite natural scent. Use a dry skin brush before you get in to gently exfoliate (be careful around treatment areas). You can also add some Epsom salts to help ease muscle tension & pain. When you get out of the bath, moisturize immediately after patting dry. Deep condition your hair & let it soak for at least 15 minutes. If you do not have a deep conditioner, natural oils like jojoba, coconut, & olive will work, or make your own hair mask with ingredients like avocado, egg yolks, yogurt, honey, & oils (like coconut & olive). Apply a facemask. You can make your own with ingredients like yogurt, honey, eggs, bananas, strawberries, oatmeal, & more. Let it sit for at least 10-15 minutes. Apply a moisturizer. Pamper your hands. We often forget about them, so now is the time to give them some attention. Try a gentle scrub to slough off dead skin cells & apply a thick balm to help moisturize/treat. Give yourself a manicure &/or pedicure, or invite friends over for the day & help each other with manicures. If you are unable to take a bath, try a foot soak. Simply add some warm water & Epsom salt to a large bowl, put in your favorite essential oil, & let your feet absorb the goodness. Once your body feels warm, smooth, & pampered, sit back somewhere super comfortable & relax. Let your mind relax for at least 20 minutes & try not to focus on any thought in particular.

### 6. DO SOMETHING YOU LOVE TO DO.

This seems simple, right? However, how often do we do it? We think about it. "Would be nice," we say, but we don't do it. Now's the time. You need to generate good, positive feelings to help your body heal, & what better way than doing something you enjoy? Maybe you call up that special girlfriend & go for a walk or out to lunch. Maybe you spend some time with a favorite pet. Painting, playing a musical instrument, or crafting are all good options. Play hooky & head out to a movie, or visit your favorite restaurant. Go to the bookstore & get that story you've been wanting, or go shopping for a new outfit. Whatever sounds like fun to you, make an appointment to do it!

### 7. GET TOGETHER WITH OTHER FIGHTERS.

This is last because it is critical to your journey. Connecting with others who "get it" is so very important to your overall outlook. There is something about sharing what we are going through that makes us all feel better. Ask your doctors about group therapy. Talking to someone helps with symptoms of depression, hopelessness, &/or helplessness can improve social functioning. Even if you do not go to group therapy, getting together with other survivors helps. Maybe you create the group yourself, interact at service events, or strike up a conversation over a foot massage. The important thing is to talk it out. This is not something you want to go through alone. See Hoo-Ha Huddle on back.



## Visit GYNCA's Full Resource Center!

We offer to each member 1 free wig, head to store the wig on, new scarf, hat, etc.

Pickup other resources while you are here!

**ALL OF THIS IS FREE  
TO OUR MEMBERS!**

Contact Amber to schedule an appointment!  
Call: 417.869.2220 or Email: [amber@gynca.org](mailto:amber@gynca.org)

Located at 3023 S Fort Avenue Suite D  
Springfield, MO 65807





## THE HOO-HA HUDDLE

GYNCA has a PRIVATE Facebook group called "The Hoo-Ha Huddle".

It is a chance to connect to other women going through the same journey as you are.  
Who knows this cancer better than a woman that has been through it herself!

This group is for GYNCA members only. Each member has been verified as a gynecologic cancer survivor. The members in this group range from newly diagnosed, women that are having a recurrence, women in remission for many years, etc.

To join this private group, please visit this link (Type the full address in your web browser).

**<https://www.facebook.com/groups/350547391975897/>**

Please know that anything that you comment on, interact with, or post yourself will only be seen by other GYNCA verified members.  
This is a safe environment to connect with others without the fear that someone may see your posts that should not.



## JUNE MEMBER EVENT

**19<sup>TH</sup> – GARDENING – 5:30pm-8pm @ THE JOPLIN CARNEGIE LIBRARY**  
**JOPLIN LIBRARY @ 1901 E 20<sup>TH</sup> ST JOPLIN, MO**

**RSVP REQUIRED BY JUNE 12TH**

JOPLIN EVENT AT  
THE LIBRARY!

Join GYNCA as we plant fresh herbs, fruits, & veggies! Garden therapy is a time-proven practice. The therapeutic benefits of garden environments have been documented since ancient times. In physical rehabilitation, garden therapy can help strengthen muscles and improve coordination, balance, and endurance. This is a great way to intertwine your love of gardening into an exercise. Everyone attending will receive a gardening pack to take home to start your garden. Light refreshments will be provided.

**RSVP is required for supplies to Amber at (417)869-2220 or email [amber@gynca.org](mailto:amber@gynca.org)**

**21<sup>ST</sup> – PAMPER SESSION – LADIES ONLY – 6pm-8pm @ GYNCA**  
**GYN CANCERS ALLIANCE OFFICE @ 3023 S Fort Ave Suite D Springfield, MO 65807**

**RSVP REQUIRED BY JUNE 15<sup>TH</sup> – LADIES ONLY!**

SPED EVENT AT THE  
GYNCA OFFICE!

Join GYNCA for a relaxing well deserved evening to focus on yourself.  
Back massage, hand massage, nails painted, and much more! We will also be giving each survivor a beauty pack to take home! Bring your gal-pals for a relaxing evening out all at no charge to anyone that would like to attend!  
Raffle for a grand prize while you are here too! Light refreshments will be provided.

**RSVP is required to Amber at (417)869-2220 or email [amber@gynca.org](mailto:amber@gynca.org)**

**26<sup>TH</sup> – GARDENING – 5:30pm-8pm @ HILTON CONVENTION CENTER**  
**HILTON BRANSON CONVENTION CENTER @ 200 E MAIN ST BRANSON, MO**

**RSVP REQUIRED BY JUNE 20TH**

BRANSON EVENT AT HILTON  
CONVENTION CENTER!

Join GYNCA as we plant fresh herbs, fruits, & veggies! Garden therapy is a time-proven practice. The therapeutic benefits of garden environments have been documented since ancient times. In physical rehabilitation, garden therapy can help strengthen muscles and improve coordination, balance, and endurance. This is a great way to intertwine your love of gardening into an exercise. Everyone attending will receive a gardening pack to take home to start your garden. Light refreshments will be provided.

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Please note the Branson parking guidelines: Park on the side street – No Charge, Park in the back Hilton lot - \$5, Park in the Garage - \$7