



CancerBridge Self Care Series

Join us every 4th Thursday at 11am EST to learn more about the importance of self care. Register by [clicking here](#).

Building Lasting Habits: February 23rd

Ignite your motivation and map out steps for strong, sustainable habits based on your values, lifestyle, and current stage of readiness for change.

Create Your Stress Management Play Book: March 23rd

Learn to manage your body's stress response with mind, movement, and breath-based practices.

Stay Energized: April 27th

Discover ways to stay energized and alert for whatever your day brings with nutrition, activity, stress management, and other wellness tips.

Breathe Better, Stress Less: May 25th

Learn and practice a variety of breath exercises that can reduce stress and promote resilience, focus, and calm.

The Power of Positive Emotion: June 22nd

Learn how positive emotions like gratitude, accomplishment, and compassion help us build resilience and manage stress. Participants will try a few simple exercises and identify realistic practices for everyday life.



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Mindfulness and Meditation: July 27th

Learn the basics of mindfulness and meditation to discover how these practices can help you feel more present, focused, and calm in everyday life.

The Gift of Gratitude: August 24th

Research into the benefits of gratitude show that it's good for us in a variety of ways - mentally, emotionally, physically, and socially. Learn how you can experience the benefits with a brief and simple practices.

Sleep Well for Wellness: September 21st

Discover why sleep is the foundation for all well and discuss strategies for a restful night's sleep.

Creating Your Coping Skills Toolbox: October 26th

Learn the stages and types of coping and identify strategies that can help you prepare for, navigate, and recover from stressful situations.

Winter Well-Being: November 30th

Get ready to navigate the winter holidays with healthy party ideas, exercise, and mood boosters.