



FREE GUIDE TO
**TOTAL BODY
CONFIDENCE**

amoena



Nothing can dim the light that
shines from within.

– Maya Angelou –

Thank you for downloading this little e-book. We've collected our favorite wisdom on how to feel confident in your own skin, particularly if you've been through breast cancer. We hope it speaks to you.

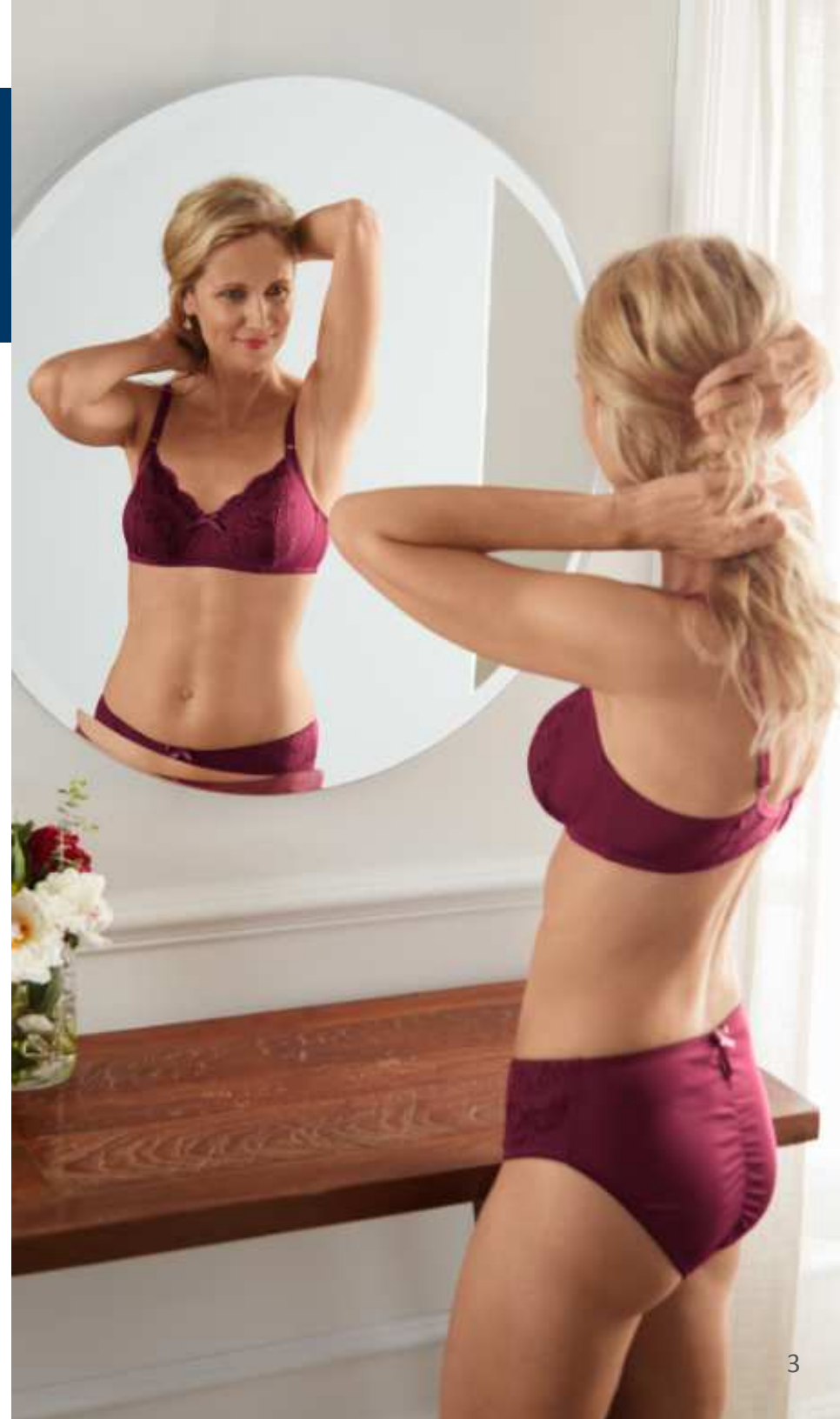
BEAUTY AND THE BREASTS

PRACTICAL IDEAS FOR BOOSTING YOUR BODY IMAGE

It's tough being a woman. Images of women's faces and bodies are used to sell everything from cars to holidays. The 'personal care' industry, with its make-up, firming lotions and slimming products, seems determined to make us dissatisfied with what nature gave us.

When you experience a sudden transformation in appearance, such as breast surgery, these feelings are accentuated – even though you've likely just saved your life. Dealing with your self-image is a key stage in the process of recovery.

SO HOW CAN YOU HELP YOURSELF TO A BETTER BODY IMAGE?





1

TAKE A LOOK AT YOUR SCARS

Confronting the scars is one of the first steps you can take to re-establish your positive body image, says Deborah Hobler Kahane, author of *No Less a Woman – Femininity, Sexuality and Breast Cancer*. “The first look is never easy, but for most women...the worst scar scenarios they imagine do not materialize. Show the scar to those close to you – husband, family, friends etc. With the support of others you quickly learn that you still look just fine.”

2

LET GO OF THE PAST

Accepting the loss of your breast and letting go of your old body image is also an important step. “The loss is more difficult for some women than others, and depends on how you felt about your breasts prior to surgery and the role they play in your body image and sexual life,” says Kahane. It can be helpful to meet other women who have been through a similar experience. You *can* feel good about yourself and the way you look again – it just takes time.

3

REALITY CHECK

Finally, you need to decide for yourself what femininity, or being a woman, really means to you – it’s a fundamental part of you, not something that can be surgically removed. Femininity does not reside solely in a woman’s breasts. And keep this in mind: We are most often remembered and valued for our actions – not our looks.

No one will deny that losing a breast is difficult. It’s normal to grieve it, and feel changed. But don’t let it diminish your body image. You *are* valued by others. Let this sink into your deepest self, giving you confidence as a woman.

“

If you feel good about yourself and the way you look, it's likely other people will respond to you in a positive way. Absolutely nothing is sexier or more vital than a woman who exudes confidence and self-esteem. This is something none of us should let cancer steal away!

Dianne A., 3-time breast cancer survivor

A PERFECT FIT IN JUST 3 STEPS

DON'T FEAR THE FITTING ROOM—
HERE'S HOW TO FIT YOUR BRA AND SWIMSUIT

If you've ever come home from a shopping trip defeated, feeling like "there's nothing that fits," we hear you! It happens — and it can bruise your ego a little bit. But that's not the end of the story.

Our best tip for getting a great fit? Make the time to see a certified fit specialist! They're experts, and love to help you feel great in your bra and swimwear, two items a lot of us worry over.

TURN THE PAGE FOR SOME SIMPLE
THINGS TO REMEMBER AS YOU SHOP.

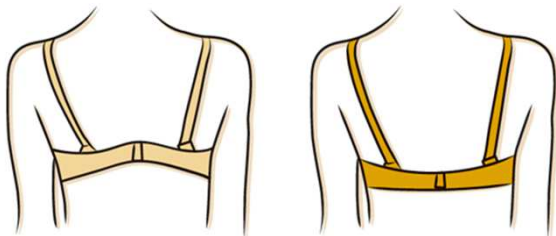


3 STEPS TO A PERFECT FIT: BRAS

1

THE BAND

- ❑ Make sure the band around your body fits firmly but comfortably.
- ❑ It shouldn't ride up at the back – if it does, or if your breast form moves to one side during wear, you need to go down a band size.
- ❑ We suggest setting your new bra on the loosest fitting to give you room for adjustment as the band 'relaxes.'



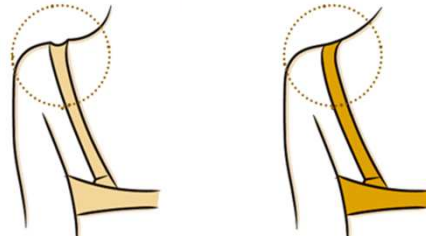
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CORRECT

2

THE STRAPS

- ❑ The strap should go in one straight line over your shoulder and then in a right angle under your shoulder blade to the spine.
- ❑ Your straps should never dig in. If they do, it's probably because the band size you're wearing is too big and not giving sufficient support.
- ❑ Remember, it's the body of the bra that should do most of the work, not the straps.



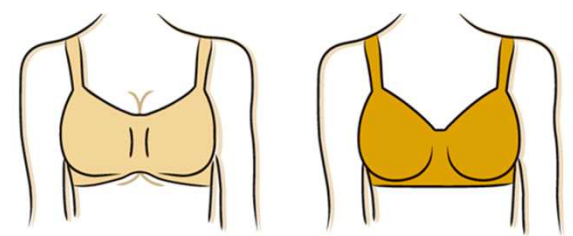
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3

THE BRA

- ❑ The bra should sit closely against your body at the front and in between your breasts.
- ❑ If it stands away from your body, you may need to go down a cup size.



INCORRECT

CORRECT

3 STEPS TO A PERFECT FIT: SWIMWEAR

1

With swimwear, sometimes it's not so much about your dress size as about what feels right. If you find that a one-piece often rides up or flattens your chest, try going up a size for more length in the body or opt for a tankini.

2

Adjustable straps can make all the difference to the look and performance of your swimwear. Experiment to find the perfect length for you.

3

Look for swimwear with clever fashion fixes like tummy control panels, draping or slimming diagonal designs to highlight your figure.

THESE BEAUTIES UNDERWENT BREAST SURGERY AND LOOK AMAZING IN AMOENA SWIMWEAR.*

Get more fashion tips online at amoena.com



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“I have always been a positive, fun person but this experience has really made me appreciate every day even more. Women can move on to have a full life after breast cancer.

We need to appreciate what we have—stay positive—and be good to ourselves.”

Janice W., 46, breast cancer survivor

LEARN TO ENJOY FOOD BY MAKING WISE CHOICES

MINDFULNESS CAN CREATE BETTER HABITS...
AND LEAD TO OTHER SUCCESSES

We tend to put food into our mouths out of habit—almost unconsciously. Mindful eating is the opposite. It's when you learn to pay attention to and respond to your body's signals — not your emotional triggers. So rather than not really tasting the food you're eating, you start to notice why you feel like eating in the first place. You tune into your thoughts and feelings. You become aware of the sensations.

Instead of reacting mindlessly to triggers, a mindful approach enables you to break habits that no longer serve you. It creates space between your triggers and your actions — giving you time to choose how you'll respond.

Mindful eating is an effective tool for fostering a positive relationship with food. And the secret to a healthy and mindful relationship with food.





THE NEXT TIME YOU GO SEARCHING FOR A SNACK, TRY THIS:

1

STOP FOR A MOMENT

Take a deep breath and gently shift your attention towards your body. Ask yourself: Am I hungry? Am I full? Am I neither? Take a few seconds to connect with how you feel.

2

MAKE A CHOICE

...from a place of kindness and self-care. There is no right or wrong answer. If you decide to eat, consider the options available to you. Notice what foods your senses are drawn to. Cold or hot? Sweet or savory? Crunchy or smooth?

3

ENJOY THE FOOD

Bring your full awareness to your food. Notice the rainbow of colors, combination of aromas, medley of flavors and textures. If you find your mind wandering, gently bring your attention back to the experience of eating. Staying with the taste and noticing each bite will help you know when you've had enough.

4

REFLECT & ADJUST

How do you feel after eating? Bloating, sleepy, hungry again after 30 minutes? Or energetic, alert and pleasantly full even 2 hours later? Is this how you want to feel? Experimenting with a variety of different foods can help you find the combinations that work for you.

**ONCE YOU'VE BEGUN, FEEL PROUD:
YOU CAN TAKE ON THE WORLD!**

THE BENEFITS OF EXERCISE FOR CONFIDENCE AND HEALING

WALK, BIKE, SWIM OR STRETCH YOUR WAY TO RECOVERY AFTER BREAST SURGERY

Exercise may be the last thing you feel like doing after breast surgery. All you really want to do is rest. In the past, that's exactly what doctors recommended. Breast cancer patients were told to get plenty of bed rest and not to strain themselves.

But that advice has definitely changed in the last few years. Recent studies indicate that there is a link between moderate physical exercise and improved quality of life for breast cancer survivors. This doesn't mean you should go straight back to a rigorous aerobics or weight training routine though.

WORK WITH YOUR HEALTH CARE TEAM TO FIND THE RIGHT BALANCE OF EXERCISE FOR YOUR LEVEL OF FITNESS AND ABILITY.



Get up and move a little. It's your ticket to feeling good about yourself. We bet you'll walk taller and start to beam with self-confidence.



1

The sooner you start, the less likely you are to get stuck in the vicious cycle of feeling fatigued, not exercising, feeling more fatigued and even less willing to exercise, and so on. Still not convinced? Here are some things you may start to feel as you exercise regularly:

- **Improved self-image and confidence**
- **An increased sense of control**
- **Improved strength and motion in your arm(s) after surgery**

2

And these are some of the recovery challenges that physical exercise can help to alleviate:

- **Fatigue**
- **Depression**
- **Anxiety**
- **Weight gain**
- **Insomnia**

3

A few things to remember about physical exercise for breast cancer survivors:

- **The studies on physical exercise** and breast cancer survivors focused mainly on stage I and stage II patients. If you have an advanced stage of cancer, consult with your doctor before undertaking any kind of exercise.
- **No matter what stage of cancer you are recovering from**, always discuss your exercise plan with your health care team. Report any difficulties or new symptoms (such as feeling faint or pain that doesn't go away after exercise) and work on finding the right level of activity for you.
- **Start moderately and gradually**, working up to your optimal level of activity.
- **If you prefer a structured exercise routine**, inquire about special exercise programs for cancer survivors in your area.
- **The best exercise is walking**—it's cheap, it's easy and you can do it alone, with a friend, or in a group, whatever works best for you.

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