

# Autumn of Calm: Cancer-Related Products to Make Life Easier

Mindfulness on your phone, gifts that soothe, a book for children, greeting cards that feel right and a necklace that gives back

September 12, 2022 By Laura Schmidt

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## Headspace

Former Buddhist monk Andy Puddicombe was already cofounder of the popular guided mindfulness and meditation app Headspace when he was diagnosed with testicular cancer in 2013. Mindfulness meditation helped him cope with the physical, mental and emotional impact of cancer. Research has shown that the practice can help people living with cancer feel calmer, get better sleep, have more energy and experience less physical pain. For \$69.99 a year or \$12.99 a month, Headspace ([headspace.com](https://www.headspace.com)) offers over 500 beginner-friendly meditations.

“Chemotherapy 101 for Kids! An Easy to Understand Guide for Children”

Author Chelsey Gomez survived Hodgkin lymphoma twice—when her daughter was 3 years old and again when she was 4—so she knows how scary it is to talk to kids about cancer. That’s why she wrote [Chemotherapy 101 for Kids! An Easy to Understand Guide for Children](#), a colorful illustrated book series for kids ages 3 to 9. The books are a great resource for children to understand what’s happening with a family member undergoing chemo—or for a child with cancer.

#### Washable Silk Sleep Mask

It's not easy to get the sleep you need when you're getting cancer treatment, especially when you're taking chemotherapy medications that interfere with your sleep/wake cycles. With its noise-reducing, moisturizing silk that doubles as a headband for nightly skincare routines, the [Washable Silk Sleep Mask](#) (\$48) by Lunya will help get you to sleep fast no matter the time of day.

#### The Kendra Scott Emilie Multi-Strand Necklace in Rose Quartz

Layered necklaces offer minimalist, effortless style. The Kendra Scott Emilie Multi-Strand Necklace in Rose Quartz (\$58; [kendrascott.com](https://www.kendrascott.com)) also supports breast cancer research. Half of the proceeds up to \$150,000 are donated to the Kendra Scott's Breast Cancer Research Foundation research grant, in honor of Scott's friend Holley Rothell Kitchen, who died of metastatic breast cancer. The grant currently supports Baylor College of Medicine's Suzanne A.W. Fuqua, PhD, whose research focuses on metastatic breast cancer. The necklace is also available in silver, gold or rose gold to complement any outfit.

#### Em & Friends cards

[Em & Friends](#) makes greeting and empathy cards for real life—the good times and the incredibly hard times. When founder Emily McDowell was diagnosed with cancer, she wasn't satisfied with the available greeting cards, so she wrote and illustrated her own. Ten years later, she has collaborated with many talented artists to create hundreds of cards, including ones for cancer, empathy and sympathy as well as for mental health (\$5 each). “Please let me be the first to punch the next person who tells you everything happens for a reason,” reads one. Another: “No card can make this better. But I’m giving you one anyway.” Beautifully illustrated boxed card sets, journals, sticker packs and more are also available for all occasions.

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