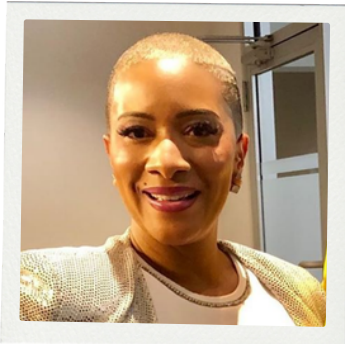


Wisdom from Those Who Have Been There



MINDFULNESS

"Look at what every challenge of this journey is teaching you. It might be to slow down, to advocate, to be more present. It might be to fall apart. It might be to ask for help, to say yes to support. There [are] so, so many lessons in this journey." -**Bethany W. Stage 4 Metastatic Breast Cancer**



SELF-ADVOCACY

"You're not just a number. These doctors have a lot of patients, but you're a human. You go in there and let them know you're not a number. You have concerns about your health, and your doctors should be concerned about you." -**Natalie W. Stage 0 ER+ DCIS & Paget's Disease Breast Cancer**



FINDING SUPPORT

"It's okay to have a bad day, and it's okay to be down. If you find yourself staying there, then you've got to talk to somebody. Is it your doctor, is it your nurse, or is it a counselor? You have to talk to somebody if you find yourself just staying in a down place. You need to." -**Tina C. Stage 3A ER+ Invasive & Lobular Breast Cancer**



STAYING HOPEFUL

"You just have to believe. You have to have faith and believe that you're going to get through it. The odds are so high — the numbers out there for recovery and for being cured — that it was very assuring. That's what I tried to focus on to get through the whole process." -**Margaret A. Stage 2 IDC & DCIS Breast Cancer**