

# Complementary therapies, relaxation and wellbeing

breast  
cancer  
care



## This information is by Breast Cancer Care.

We are the only specialist UK-wide charity that supports people affected by breast cancer. We've been supporting them, their family and friends and campaigning on their behalf since 1973.

Today, we continue to offer reliable information and personal support, over the phone and online, from nurses and people who've been there. We also offer local support across the UK.

From the moment you notice something isn't right, through to treatment and beyond, we're here to help you feel more in control.

For breast cancer care, support and information, call us free on **0808 800 6000** or visit **[breastcancercare.org.uk](https://www.breastcancercare.org.uk)**



# Contents

Introduction	4
What are complementary therapies?	5
Types of complementary therapy	9
Acupuncture	9
Acupressure and shiatsu	10
Aromatherapy	10
Healing and energy therapies	11
Hypnotherapy	11
Massage	12
Reflexology	13
Relaxation techniques	14
Meditation	14
Mindfulness	14
Activities that improve mindfulness	15
Yoga, Tai Chi and Chi Gung	16
Herbal therapies	18
Special 'cancer diets' and dietary supplements	20
Useful organisations	21

## Introduction

This booklet is about relaxation and wellbeing during and after breast cancer treatment. It looks at complementary therapies such as acupuncture, Reiki and massage. It also describes some popular relaxation techniques, including meditation and mindfulness, and has information on yoga, Tai Chi and Chi Gung.

We discuss why people might use these complementary therapies and relaxation techniques after a diagnosis of breast cancer, and what you may need to think about before trying them.

We also explain what herbal medicines and homeopathy are.

## What are complementary therapies?

Complementary therapies are used alongside conventional breast cancer treatments (treatments that have been approved for use in medical practice, such as chemotherapy or radiotherapy).

Complementary therapies are different from alternative therapies, which are used instead of conventional treatments.

Complementary therapies are thought to have a range of benefits for people with breast cancer. They can give you comfort and help you feel more relaxed when coming to terms with the physical and emotional effects of breast cancer and its treatment. Some people believe they help with the side effects of breast cancer and treatment. For others, it's just about taking time to do something for themselves and feeling more in control.

With the right therapy and therapist you may find, as many people do, that complementary therapies can offer much needed extra support – before, during and after your treatment for breast cancer.

'I felt weak, tearful and tired prior to taking complementary therapies. As the weeks went on I began to feel stronger and more relaxed; complementary therapies definitely helped me to sleep better.'

**Alison**

‘The benefits were amazing. [They helped] to calm me down, release my stress and gave me a sense of wellbeing offered by someone who understood my situation. Just having that “me” time was so important for my recovery.’

**Patricia**

‘Beforehand I felt unwell and very scared of the side effects. I did not like being [un]able to help support my body through the process of the treatments. This way I felt I had some control and I could assist the process of the conventional treatments.’

**Sarah**

‘My therapies form part of a whole lifestyle change that I underwent as a result of my cancer.’

**Karen**

## Are complementary therapies safe?

If you want to have a complementary therapy, speak to your specialist team first. There’s very little reliable research into complementary therapies, so it’s hard to judge how useful they are. Your specialist team may advise you to avoid certain complementary therapies if there’s a chance they may affect how well your breast cancer treatment works.

## Choosing a complementary therapy

There's a wide range of complementary therapies (see page 9). Finding the right one for you will depend on your personal choice and you might try a couple before you find one you like.

You may want to look at the types of therapies that are available locally, how they work and what you feel may be helpful for you. You may also want to think about how comfortable you are with the way a therapy is given. For example, some therapies will require several appointments, and some may mean you will need to be partly undressed. However, a good complementary therapist will do their best to put you at ease.

'[I tried] Indian head massage, facials, hand massage. I found them all good... [they] made me feel better about myself.'

**Patricia**

'I have found a greater calmness, peace of mind and awareness of the link between mind, body and soul and this has continued to this day.'

**Androulla**

## Finding a complementary therapist

Complementary therapies are not regulated in the UK, so it's important to find a therapist from a reliable source.

Some hospitals, cancer support centres, hospices and charities provide complementary therapies.

Your breast care nurse may be able to tell you more about this or give you a list of therapists in your area. You can also ask your GP (local doctor) or a local cancer support group for information on therapists.

Some of the organisations listed on pages 23–26 have directories of qualified complementary therapists.

You may want to ask the therapist if they've worked with people diagnosed with breast cancer. Whoever you choose, it's important you trust them and feel comfortable with the therapy plan they recommend.

If you see a therapist, you should tell them about your breast cancer and its treatment.

## How much do complementary therapies cost?

Complementary therapies offered by hospitals, cancer support centres, hospices and charities may be free or their cost may be based on what you can afford to pay.

If there are no free or low-cost therapies available locally, you may think about paying privately. The cost will vary with each therapist and the type of therapy you choose. It may be cheaper if you book several sessions at once.

# Types of complementary therapy

## Acupuncture

Acupuncture is a traditional form of Chinese medicine. Traditional acupuncturists believe that health problems are caused by an imbalance or blockage in the flow of energy – known as ‘chi’ – in the body. They believe that acupuncture can help release these blockages.

An acupuncturist will insert very fine needles into the skin at various points on the body. This should not be painful. The points where the needles are inserted may vary depending on your individual situation. If you’ve had surgery to the lymph nodes (glands) under the arm (axilla) acupuncture needles shouldn’t be placed in the arm or hand on that side.

The acupuncture needles stimulate nerves under the skin and in muscle tissue causing the body to produce natural chemicals, such as endorphins. Endorphins released by the body give you a feeling of wellbeing. This may improve your mood and help you feel less stressed.

Some people believe acupuncture helps with some side effects of chemotherapy, such as nausea and sickness, when given alongside conventional anti-sickness drugs. Others believe acupuncture may also help reduce pain or menopausal symptoms.

‘The acupuncture was suggested by my oncologist as I suffered hot flushes during chemo and when taking hormone therapy. [It was] offered at the holistic care centre free of charge... I’m not sure if [the sessions] worked but I felt very relaxed and pampered which was lovely.’

**Karen**

## Acupressure and shiatsu

Acupressure is similar to acupuncture but instead of needles the therapist uses their fingers to apply light pressure to various points of the body. Traditional acupressure is based on the same belief that this will release blockages in the flow of chi.

The word ‘shiatsu’ means finger pressure. A shiatsu therapist will often use their fingers, thumbs and palms to apply deeper pressure to these points. They will sometimes also use their elbows, knees and feet to massage and stretch the body’s muscles and joints.

If you’ve had surgery to the lymph nodes under your arm, you’ll usually be advised not to have deep tissue massage to that arm, hand or chest/breast area (see ‘Massage’ on page 12).

Some people think these therapies can help with side effects such as nausea and sickness, pain, fatigue (extreme tiredness), and stress and anxiety.

## Aromatherapy

Aromatherapy uses essential oils, taken from fragrant plants, flowers, seeds and bark, to stimulate the sense of smell. Aromatherapists believe this helps promote health and wellbeing, and that different oils have different benefits.

Aromatherapists choose an oil or mixture of oils according to your physical and emotional needs, or you may be asked to choose an oil. Essential oils can be used in several ways. They can be mixed with a

base oil to be used in massage, added to a bath, inhaled, evaporated using an oil diffuser or blended with a lotion to be applied to the skin.

Some people believe aromatherapy can improve wellbeing, boost the immune system and help with sleep and anxiety problems. However, there is very little research on aromatherapy for people with breast cancer so it's difficult to know for sure.

Some people think that certain oils can be harmful when you have breast cancer. There is little reliable evidence about this, but talk to your GP or specialist team if you're concerned.

## Healing and energy therapies

Healing is an ancient practice that means to 'make whole'. There are several healing and energy therapies, which include Reiki, therapeutic touch and spiritual healing. Therapists aim to improve your health and wellbeing, although beliefs about how this is done vary depending on the therapy used.

### Reiki

Reiki is one of the most well-known healing therapies. Reiki is also based on the ancient belief that our health is linked to the flow of energy (chi) in the body. Therapists believe that chi flows from the therapist to the person being treated to help release any blockages and improve wellbeing.

You can either sit or lie down, fully clothed, while the therapist places their hands above or on certain parts of the body where they believe energy is strong. You may start to feel very relaxed during the treatment and this may last for some time after the session has finished.

Some cancer support centres have group Reiki sessions where several people are treated at once.

## Hypnotherapy

Hypnotherapy uses various techniques to guide you into a deep state of relaxation, known as hypnosis.

During hypnosis you'll remain conscious and aware of your surroundings. Some believe that being in a state of hypnosis makes your mind more open to accept new ways of thinking, acting and feeling.

Hypnotherapists use hypnosis to try to help people cope with a range of emotional and physical problems, such as anxiety, hot flushes, nausea and pain.

## Massage

Massage involves working on the body's muscles and joints using the hands to stretch and apply pressure. This action can soothe stiffness and muscle tension, and may help you feel relaxed and less stressed. Some therapists use essential oils for the massage to help you relax. See the 'Aromatherapy' section page 10 for more information on oils.

Massage can help some people feel more energised, which may help if you have fatigue.

Some people believe you shouldn't have a massage if you've had cancer because there's a risk of spreading cancer cells from one part of the body to another. **There's no evidence to support this idea.**

### Finding a good massage therapist

There are several places where you may be able to get a massage. This might be in your own home, in a spa or you may be able to use a hospital-based service.

See pages 23–26 for information on finding a complementary therapist.

### Call first

When booking your appointment, it's important to check that the therapist or spa will treat people who've had a diagnosis of cancer. Even though there is no evidence that massage can cause cancer to spread, some may still refuse to treat you. Different spas will also have different policies about how soon after treatment they can give you massage therapy.

Some spa groups have therapists who are specially trained in giving massage and other spa treatments to people who have had a diagnosis of cancer (see 'Spas' on page 26). Not all spas will have therapists available to treat you so make sure you discuss this with them when booking the appointment.

## Your massage appointment

### Bring this booklet

You can show them this booklet to show that there's no evidence to support the idea that people with breast cancer should avoid massage.

### Tell your therapist

At the start of your appointment remind your massage therapist about your breast cancer and its treatment.

### Avoid massage to certain areas

If you've had surgery to the lymph nodes under your arm, you'll usually be advised not to have deep tissue massage to that arm.

If you have lymphoedema you should avoid massage to the arm unless your therapist has also been trained in a type of massage known as manual lymphatic drainage (MLD). Find out more about MLD in our [Living with lymphoedema](#) booklet.

If you're having radiotherapy, the area being treated should not be massaged.

## Reflexology

Reflexology uses finger pressure to stimulate the nerves in the feet, and sometimes the hands. This practice is based on the ancient belief that different areas of the feet link to different areas of the body. Reflexologists believe that by applying finger pressure to those areas of the feet, it can restore health in the linked parts of the body.

'At the start of chemotherapy I started having reflexology and continued throughout my treatment and beyond. I have it more regularly now as it helps with relaxation. I've found it's also helpful with lymphoedema.'

**Carol**

## Relaxation techniques

Relaxation techniques are designed to help you reach a relaxed and focused state of mind. They can help you cope better with stress, anxiety and depression, and improve your mood. Some people also find they help with physical side effects such as fatigue.

### Meditation

Meditation is an ancient practice of focusing attention and developing a calm state of mind. It may help to reduce stress and improve wellbeing. Most types of meditation involve concentrated focus, controlled breathing, and developing an awareness of your thoughts and feelings.

Meditation can be practised in many different ways. It can be practised on its own, through using mindfulness techniques or as part of yoga, Tai Chi or Chi Gung (see page 16).

You can practise meditation alone or as part of a group. See page 27 for some useful meditation resources.

‘The relaxation techniques [yoga] teaches you are excellent... I practise yoga breathing to help me get to sleep.’

**Karen**

### Mindfulness

Mindfulness is about focusing on the present moment to try to reduce stress and improve quality of life. Practising mindfulness involves becoming more aware of the sights, smells, sounds and tastes that are around us at any one time, as well as the thoughts and feelings that happen from one moment to the next.

'Mindfulness was most helpful as it helped me to stay calm and relaxed.'

**Alison**

It's possible to practise mindfulness for yourself in daily life. To get ideas about how to do this there are lots of books and websites dedicated to mindfulness as well as apps that you can download. We've included details of some useful mindfulness resources on page 27. Your GP may be able to refer you to a mindfulness course in your local area.

### **Mindfulness-Based Cognitive Therapy**

The most well-researched form of mindfulness is Mindfulness-Based Cognitive Therapy (MBCT), which combines mindfulness and Cognitive Behavioural Therapy.

Cognitive Behavioural Therapy aims to change negative patterns of thinking and behaviour. Instead of exploring the causes of your distress, it focuses on the 'here and now' and looks for ways to improve your state of mind in the present. Using mindfulness techniques can help you to focus on the present. MBCT classes may also use meditation, yoga and breathing techniques.

There are a few cancer centres in the UK that offer mindfulness classes. These classes might use MBCT.

### **Activities that improve mindfulness**

There are lots of hobbies and activities that involve deep concentration and focus the attention on the present moment. Try any hobby or activity that keeps your mind focused on what you're doing, for example colouring in, knitting, painting or cooking. It may be something you already do, or you might want to try a few new activities and see what works for you.

This can have the same calming effect as practising meditation or mindfulness and can help you cope better with stress.

For some people this can be an easier way to switch off than meditation and mindfulness. For others, trying relaxing activities might be a good way to understand what mindfulness is about. You could try practising the two alongside each other.

# Yoga, Tai Chi and Chi Gung

## What is yoga?

Yoga uses a combination of stretching, breathing and sometimes meditation to improve physical and emotional strength and wellbeing.

There is some evidence that practising yoga after a breast cancer diagnosis can be useful for fatigue, pain, anxiety and depression.

There are many different types of yoga. Depending on the type of yoga you do, it may be vigorous or gentle, leaving you feeling full of energy or relaxed. Some styles, such as Iyengar and hatha yoga, focus on relaxation and are suitable for beginners. If you are unsure which style is suitable for you speak to the yoga teacher before joining a class.

Yoga can be practised in classes, one to one with a yoga teacher or at home (see opposite).

'I joined yoga and pilates to try to get better and regain some level of fitness... I was in a class with "normal" people who did not know I had been ill, [and] at that time I was very keen to feel normal.'

**Karen**

## What are Tai Chi and Chi Gung?

Tai Chi and Chi Gung (also spelled Qi Gong) are ancient forms of Chinese exercise.

They combine gentle movements with breathing exercises, which some believe help the flow of energy (chi) around the body. They use slow, controlled movements, which may help to stretch and strengthen the body's muscles and joints. Some people believe that the concentration involved in Tai Chi or Chi Gung can reduce stress and anxiety and improve wellbeing.

## Practising yoga, Tai Chi and Chi Gung safely

Practising yoga, Tai Chi or Chi Gung after breast surgery is safe once you have healed from surgery and it does not cause you pain.

Because these activities involve stretching the arms and shoulders you should discuss your breast cancer with the teacher before a class and avoid overstretching the area. If it's painful, particularly in the arm or shoulder on the side of your surgery, stop doing it straight away.

Use a good quality yoga mat if practising yoga at home as it helps cushion your joints, give you stability and prevent you from slipping.

Always check with your GP or specialist team before starting any new activity.

## Apps and online tutorials

Apps and YouTube tutorials can be a great way to practise at home. It can be especially useful if you have fatigue, anxiety or depression and don't feel able to attend a full class. This will allow you to work at your own pace and build up gradually.

If you're practising yoga, Tai Chi or Chi Gung at home, make sure you choose a beginners' course. Attending face-to-face classes can help you be confident you are practising correctly and safely.

## Herbal therapies

Herbal therapies use plants to try to help with a range of health conditions.

Herbs are thought to have a reviving, balancing and strengthening effect, which some people believe helps the body to fight illness more easily.

In conventional medicine a number of drugs use active plant ingredients blended together. In herbal medicine the whole plant is often used including leaves, roots and berries.

However, there's conflicting evidence about the safety or effectiveness of some herbal products, and some may affect how certain cancer treatments work. Check with your specialist team or GP before using any herbal medicines.

The herbal products below may not be suitable if you've been diagnosed with breast cancer.

### Mistletoe (IsCADor)

Some people believe that mistletoe extract (IsCADor) helps the immune system work better, improves quality of life and reduces the side effects of chemotherapy and radiotherapy. However, there's no reliable evidence to support this theory.

### Echinacea

Echinacea is a herbal product believed by some to help boost the immune system. However, there's no reliable evidence to support this idea. People having chemotherapy or hormone therapy should talk to their hospital team because it can affect how well these treatments work, and can result in severe illness.

## St John's Wort

This is used for a variety of health issues. There's some evidence that St John's Wort may affect the way that certain treatments for breast cancer work. It can also interact with prescription antidepressants. Check with your specialist team before you take it.

## Homeopathy

Homeopathy uses very low doses of natural substances which aim to stimulate the body's natural healing processes. However, there's no reliable evidence to support this idea.

## Special 'cancer diets' and dietary supplements

Some people who have had breast cancer consider following a special diet or taking dietary supplements. This may be because they believe they could reduce the risk of the breast cancer coming back.

Special 'cancer diets' often encourage eating or avoiding certain types of food. These can often be very restricting, expensive and can sometimes lead to a lack of nutrients. There's no conclusive evidence to show that they reduce the risk of breast cancer coming back.

If you're thinking about taking a dietary supplement, talk to your specialist team first as the evidence for their use is conflicting and some supplements may interact with your treatment.

For more information see our [Diet and breast cancer](#) booklet.

# Useful organisations

## Cancer organisations

### **Cancerkin**

The Cancerkin Centre  
Royal Free Hospital  
Pond Street  
London NW3 2QG

Telephone: 020 7830 2323/2310

Email: [info@cancerkin.org.uk](mailto:info@cancerkin.org.uk)

Website: [cancerkin.org.uk](http://cancerkin.org.uk)

Offers emotional and practical support to people with breast cancer and their friends and families. Provides a range of complementary therapies free of charge. The Cancerkin Centre is located at the Royal Free Hospital in north London, but they also provide services in east London from a number of locations.

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### **Breast Cancer Haven**

Effie Road  
London SW6 1TB

Telephone: 020 7384 0099

Email: [info@thehaven.org.uk](mailto:info@thehaven.org.uk)

Website: [thehaven.org.uk](http://thehaven.org.uk)

Provides support, information and complementary therapies to help those affected by breast cancer cope with the emotional impact of diagnosis, as well as side effects from treatments like chemotherapy and radiotherapy. Its services are free of charge to anyone affected by breast cancer.

### **Helen Rollason Cancer Support Centres**

Yvonne Stewart House  
The Street  
Hatfield Peverel  
Chelmsford  
Essex CM3 2EH

Telephone: 01245 380 719  
Email: [enquiries@helenrollason.org.uk](mailto:enquiries@helenrollason.org.uk)  
Website: [helenrollason.org.uk](http://helenrollason.org.uk)

Supports people living with cancer and their families and friends. Provides free therapies including massage and reflexology. There are three centres located in Essex, Hertfordshire and London.

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### **Penny Brohn Cancer Care**

Chapel Pill Lane  
Pill  
Bristol BS20 0HH

Helpline: 0303 3000 118  
Email: [helpline@pennybrohn.org](mailto:helpline@pennybrohn.org)  
Website: [pennybrohncancercare.org](http://pennybrohncancercare.org)

Offers residential and non-residential courses (led by doctors and therapists) for people with cancer and their supporters offering counselling, relaxation, meditation, art and music therapy, healing and advice on nutrition. The Helpline offers emotional support, and information on finding complementary therapists and support in your area.

## Complementary therapy organisations

### **Association of Reflexologists (AoR)**

Victoria House  
Victoria Street  
Taunton  
Somerset TA1 3FA

Telephone: 01823 351010

Website: [aor.org.uk](http://aor.org.uk)

A membership organisation that provides support and training for reflexologists. You can search for a qualified reflexologist through the website.

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### **British Acupuncture Council (BACc)**

63 Jeddo Road  
London W12 9HQ

Telephone: 020 8735 0400

Website: [acupuncture.org.uk](http://acupuncture.org.uk)

Provides information on acupuncture and a list of professional practitioners.

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### **British Complementary Medicine Association (BCMA)**

PO Box 5122  
Bournemouth BH8 0WG

Telephone: 0845 345 5977

Email: [office@bcma.co.uk](mailto:office@bcma.co.uk)

Website: [bcma.co.uk](http://bcma.co.uk)

Produces a guide and a code of conduct for practitioners, and holds a register of practitioners.

**British Herbal Medicine Association**

PO Box 583  
Exeter EX1 9GX

Telephone: 0845 680 1134  
Email: [secretary@bhma.info](mailto:secretary@bhma.info)  
Website: [bhma.info](http://bhma.info)

Provides an information service and publications on herbal medicine.

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**British Homeopathic Association**

CAN Mazzanine  
49–51 East Road  
London N1 6AH

Telephone: 0203 640 5903  
Email: [info@britishhomeopathic.org](mailto:info@britishhomeopathic.org)  
Website: [bristishhomeopathic.org](http://bristishhomeopathic.org)

Provides information and a directory of homeopaths. Produces a booklet called 'How to get homeopathic treatment on the NHS' and a quarterly magazine.

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**British Reflexology Association**

Monks Orchard  
Whitbourne  
Worcester WR6 5RB

Telephone: 01886 821 207  
Email: [bra@britreflex.co.uk](mailto:bra@britreflex.co.uk)  
Website: [britreflex.co.uk](http://britreflex.co.uk)

Represents reflexology practitioners and provides information on reflexology.

**British Society of Clinical and Academic Hypnosis**

c/o Hollybank House  
Lees Road  
Mossley  
Ashton-under-Lyne OL5 0PL

Telephone: 07702 492 867

Website: [bscah.com](http://bscah.com)

Provides a referral list. All practitioners are from medical, psychological, dental or nursing backgrounds.

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**Complementary and Natural Healthcare Council**

46–48 East Smithfield  
London E1W 1AW

Telephone: 020 3668 0406

Email: [info@cnhc.org.uk](mailto:info@cnhc.org.uk)

Website: [cnhc.org.uk](http://cnhc.org.uk)

In the UK, complementary therapists are not regulated by law, however the Complementary and Natural Healthcare Council is a voluntary regulator for complementary healthcare practitioners. You can search the register for local practitioners.

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**International Federation of Professional Aromatherapists (IFPA)**

82 Ashby Road  
Hinckley  
Leicestershire LE10 1SN

Telephone: 01455 637987

Email: [admin@ifparoma.org](mailto:admin@ifparoma.org)

Website: [ifparoma.org](http://ifparoma.org)

Provides information and a register of professional aromatherapists.

### **The Register of Chinese Herbal Medicine**

Sackville Place  
44–48 Magdalen Street  
Norwich NR3 1JU

Telephone: 01603 927 420  
Email: [herbmed@rchm.co.uk](mailto:herbmed@rchm.co.uk)  
Website: [rchm.co.uk](http://rchm.co.uk)

Provides information, news and a list of member practitioners.

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## **Spas**

### **Bannatyne spas**

Telephone: 0344 477 4777  
Website: [bannatyne.co.uk/spa/wellness-for-cancer](http://bannatyne.co.uk/spa/wellness-for-cancer)

Selected spas have therapists who are specially trained to offer a programme of treatments for people who are currently having or have finished treatment for cancer.

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### **ESPA spas**

Telephone: 01252 352 230  
Website: [espaskincare.com](http://espaskincare.com)

Some spas have therapists who have had specialist training in treating people with cancer. Selected spas also provide a 'Nurture and support' treatment menu designed especially for people with cancer, including massages, facials and meditation.

## Mindfulness and meditation resources

Below are some websites and apps that can help you practise mindfulness.

### About Meditation

[aboutmeditation.com](http://aboutmeditation.com)

Has some free mini courses and infographics, as well as an online audio course, which you have to pay for.

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### Be Mindful

[bemindful.co.uk](http://bemindful.co.uk)

Be Mindful offers free online courses in mindfulness.

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### Conscious

Conscious is a free app available for Android and iOS devices. It increases your mindfulness through simple daily challenges.

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### Headspace

[headspace.com](http://headspace.com)

Headspace is a useful tool to help you incorporate meditation into your daily life, with online sessions and an app. There is a free version you can try out to begin with, but to access the full app you'll need to pay for a subscription.

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### Mindfulness Bell

This is an app available for Android and iOS devices. You can set the bell to remind you to practise at specified intervals, or at random, throughout the day. It is free to download but has in-app purchases.

**The Oxford Mindfulness Centre**

[oxfordmindfulness.org](http://oxfordmindfulness.org)

An international centre within Oxford University's Department of Psychiatry that offers courses in mindfulness.

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**Sahaja Yoga**

[sahajayoga.org.uk](http://sahajayoga.org.uk)

A registered UK charity offering free meditation and stress management courses across the UK.

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**Smiling mind**

[smilingmind.com.au](http://smilingmind.com.au)

Smiling mind is a web and app-based project providing free tools for mindfulness meditation. It is a not-for-profit Australian initiative for young people and adults.



## 4 ways to get support

We hope this information was helpful, but if you have questions, want to talk to someone who knows what it's like or want to read more about breast cancer, here's how you can.



Speak to trained experts, nurses or someone who's had breast cancer and been in your shoes. Call free on **0808 800 6000** (Monday to Friday 9am–5pm, Wednesdays til 7pm and Saturday 9am–1pm).



Chat to other women who understand what you're going through in our friendly community, for support day and night. Look around, share, ask a question or support others at **[forum.breastcancercare.org.uk](https://forum.breastcancercare.org.uk)**



Find trusted information you might need to understand your situation and take control of your diagnosis or order information booklets at **[breastcancercare.org.uk](https://breastcancercare.org.uk)**



See what support we have in your local area. We'll give you the chance to find out more about treatments and side effects as well as meet other people like you. Visit **[breastcancercare.org.uk/in-your-area](https://breastcancercare.org.uk/in-your-area)**

## We're here for you: help us to be there for other people too

If you found this booklet helpful, please use this form to send us a donation. Our information resources and other services are only free because of support from people such as you.

We want to be there for every person facing the emotional and physical trauma of a breast cancer diagnosis. Donate today and together we can ensure that everyone affected by breast cancer has someone to turn to.

### Donate by post

Please accept my donation of **£10/£20/my own choice of £**

I enclose a cheque/PO/CAF voucher made payable to  
**Breast Cancer Care**

### Donate online

You can give using a debit or credit card at  
**[breastcancercare.org.uk/donate](https://breastcancercare.org.uk/donate)**

### My details

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Email address \_\_\_\_\_

We might occasionally want to send you more information about our services and activities

Please tick if you're happy to receive email from us

Please tick if you don't want to receive post from us

We won't pass on your details to any other organisation or third parties.

Please return this form to Breast Cancer Care, Freepost RRRKZ-ARZY-YCKG,  
Chester House, 1-3 Brixton Road, London SW9 6DE



# About this booklet

**Complementary therapies, relaxation and wellbeing** was written by Breast Cancer Care's clinical specialists, and reviewed by healthcare professionals and people affected by breast cancer.



For a full list of the sources we used to research it:

Phone **0345 092 0808**

Email **[publications@breastcancercare.org.uk](mailto:publications@breastcancercare.org.uk)**



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Phone **0345 092 0808**

Email **[publications@breastcancercare.org.uk](mailto:publications@breastcancercare.org.uk)**



When you have breast cancer, everything changes. At Breast Cancer Care, we understand the emotions, challenges and decisions you face every day, and we know that everyone's experience is different.

For breast cancer care, support and information, call us free on **0808 800 6000** or visit **[breastcancercare.org.uk](https://breastcancercare.org.uk)**

### **Central Office**

Chester House  
1-3 Brixton Road  
London SW9 6DE  
Phone: 0345 092 0800  
Email: [info@breastcancercare.org.uk](mailto:info@breastcancercare.org.uk)

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