

A Mental Health & Emotional Wellness Roadmap for Women Living with mBC



3. Create One Calm Moment Each Day

Even 5–10 minutes can help:

Sit in silence
Pray or meditate
Listen to music
Step outside

✓ Protect this time like an appointment

1. Check In With Yourself Daily

Ask yourself:

“What do I need today?”
“What feels like too much right now?”

- ✓ Write it down or say it out loud
- ✓ Give yourself permission to adjust

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2. Say It Out Loud (Don't Hold It In)

Talk to a therapist, friend, or support group

Share what you're feeling—even if it's messy

✓ Try: “I'm not okay today, and I need support.”

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4. Set One Boundary Today

You are allowed to protect your energy.

✓ Try saying:

“I don't have the capacity for that today.”
“I need to rest.”

👉 No explanation required.

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5. Focus on What You Can Control

Instead of thinking about everything at once:

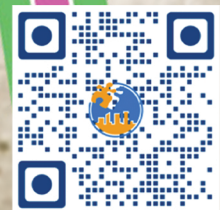
✓ Make a short list:

One thing to do
One person to call
One thing to let go

Start Here: Take Back Control of Your Peace

START

Living with mBC can feel overwhelming—but there are small, daily actions you can take to protect your mental and emotional well-being. You don't have to do everything. Just start



Visit

<https://SupportOurSistersWithMBC.org>

for more information.