

# Self-Care from Head to Toe

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Presented by:



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## Self-Care from Head to Toe

Elana Silber:

I wanted to welcome everybody to today's webinar. I know there's a lot of different opportunities online and I wanted you to make sure you're in the right place. Today's webinar is about self-care. First of all, just by coming on this call, you're already taking good care of yourself, so I'm really glad to welcome you.

Elana Silber:

My name is Elana Silber and I am the Executive Director of Sharsheret, the national breast and ovarian cancer organization for Jewish women and families.

Elana Silber:

I'm excited to be with you today because I think today's topic is really, really critical as we continue to remain in the situation where many of us are staying at home or caring for others on the front lines in different kinds of ways. We are also very mindful of your privacy, so if you would like to remain anonymous, you can easily turn off your video.

Elana Silber:

We are recording this because there are many who cannot attend with us at this time but would like to access it from our website. All of Sharsheret's webinars, many of them related to the medical situation for breast and ovarian cancer survivors, are posted on Sharsheret's website, [Sharsheret.org](http://Sharsheret.org). You can remain anonymous. We will post this on our website. All names will be removed, so you can rest assured that we are careful with your privacy.

Elana Silber:

I just also want to talk about self-care, we say from head to toe, and many of us are affected and are having issues related to mental health and I wanted to remind you that Sharsheret has an amazing team of social workers and a genetic counselor on staff who are eager and available to speak with you to address your concerns in your time when it's convenient for you, so please feel free to reach out to our team. You can reach out through the chat. You can go online, you can call us. We're here for you every day, all day. Please remember that all of our services are free, confidential, and convenient for you, now and for however long you're going to need us.

Elana Silber:

Again, this is part of an entire webinar series. We're running them about two times a week, ranging from self-care to exercise, nutrition, the latest in medical information from experts in the field, so stay tuned and stay in touch. Everything, again, is saved and archived on Sharsheret's website, [Sharsheret.org](http://Sharsheret.org), and you can watch them as often as you like and reach out to us.

Elana Silber:

This afternoon, on the east coast, good morning on the west coast, we're really privileged to have two speakers with us today, Caroline Kohles and Whitney Chapman. Both Caroline and Whitney are on the staff at the Marlene Meyerson JCC in Manhattan, a long-time Sharsheret partner. Caroline serves as the Director of Health and Whitney is an integrated wellness expert, both with over 30 years of experience in teaching yoga, meditation, and much more.

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Elana Silber:

I'm going to turn the floor over to them, but keep in mind you do have a chat box. Feel free to send any kind of questions you have into the chat. You can send them privately or open to everyone. You can even send them privately to me, Elana Silber, if you don't want your name associated and I will bring up the questions during the Q&A after the presentation.

Elana Silber:

Everyone please stay on mute, and I'm privileged to turn the floor over to Caroline and Whitney. Thank you.

Caroline Kohles:

Thank you so much, Elana. It is a joy for us to be here today and to share with you some tips that we ourselves use to stay centered and grounded and balanced at this time.

Caroline Kohles:

But first, I would like to start with a mindful pause. We're both mindfulness teachers and trainers, so what I'd like you to do is just to breathe in with me, it could be through your nose or your mouth, and make your hands in a circle. Inhale and exhale, and bring your hands down. Do that again. Inhale and exhale. One more time. Inhale and exhale down.

Caroline Kohles:

I like to do this before every Zoom call or before every important meeting, or even before dinner. I just take a mindful pause, and this action, it's from Qi gong, of bringing our hands down, I want you to feel like it's the dust is settling. Right? The dust is settling, and that's a very effective way to just ground and center yourself when you might be feeling a little anxious.

Caroline Kohles:

These self-care tips are small things that we think make a big difference. What I'd like to do is turn it over to Whit so that she can teach you something called alternate nostril breathing.

Whitney Chapman:

Hi, everybody. Alternate nostril breathing, or nadi shodhana, if you are from the yoga world, is a breathing technique that helps you get back into your central nervous system to calm the parasympathetic system. What I'd like you to do, and I'm going to be your mirror, I'd like you to take your thumb and your first two fingers and you're going to take a deep breath in, and use your thumb to close off your right nostril. Then inhale on the left and pinch off the left nostril and open out and exhale on the right.

Whitney Chapman:

I'd like you to just continue this, breathing in on the right, pinching off, and then opening and closing on the left. If we can spotlight Caroline, she'll keep doing this so that I can talk a bit.

Whitney Chapman:

As you keep breathing, what I want you to notice is a little bit about your nostrils. Do you feel it easier to breathe in through one side or out the other side? Does your breath feel moist or dry?

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Whitney Chapman:

What happens as you continue this breathing pattern is that during the day our lungs alternate breathing lead lung. By giving ourselves this forced chance to breathe in one side and out the other, we're inviting the body to recenter itself. What I'd like for you to do, again, as you breathe in and breathe out, is to know that it starts on the right and it's going to end on the right. Draw another breath in, wherever you are, and exhale out. Whenever you finish on your right side, exhaling out the right side, then I'd like you to take your hands away and just notice what it feels like to now breathe through two nostrils.

Caroline Kohles:

Wow, Whit, I notice that I can breathe more fully. I feel like I'm breathing deeper into my lungs.

Whitney Chapman:

Absolutely. The other thing that will happen is that it starts to make you feel a little calmer and it's a great practice to try as you're putting yourself in your getting ready for bed routine. It's one of those really simple tricks that you can do.

Whitney Chapman:

I even do it in meetings sometimes where I'll go ... You can have a little fun with it too.

Caroline Kohles:

Awesome. Well, since we're starting at the top and we started with our breath, which is actually the fastest way to regulate our mind, so if you are feeling anxious, one of the best ways to do is to breathe. To breathe in this way, the alternate nostril breathing, or the one that I taught you at the very beginning.

Caroline Kohles:

Let's go right to the eyes. We're looking at a lot of blue light. We're looking at TV screens, computer screens, our iPads, our iPhones, and that has an effect on our eyes. Blue light is pixelating. Go like this for me. It's like little, little dots all the time. What happens is, our eyes, in order to focus, they stay open and they don't blink as often. What can happen as a result, and you may have felt this before, is your eyes get tired and they can also get dry.

Caroline Kohles:

This is a simple eye exercise. We're going to do it first with our hands. I want you to squeeze your hands together, hold for a moment and release. Then, squeeze them together, and then release. Now, I'm going to take off my glasses, and that's what we're going to do with our eyes. You can use your hands and your eyes at the same time. We're going to go squeeze and hold and release. Squeeze and hold and release. Then again, squeeze and hold and release. One more time. Squeeze and hold and release. Nice.

Caroline Kohles:

Now I don't know about you, Whit, but for me, my eyes started to get a little bit more moist.

Whitney Chapman:

Absolutely, and they feel better. They just feel better.

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Caroline Kohles:

That's because when we blink, we are actually moisturizing our eyes. That's a simple fact, a little tip that you can do to make sure that you're blinking enough, especially if you're on Zoom or you're watching some TV or you're on your devices more than usual.

Caroline Kohles:

Now, I'd like to talk about how we should be. I don't know about you, but I've gotten some neck strain from all these calls, these Zoom calls and from watching TV and sitting so much. I'm going to turn to the side so you can see me, and what I noticed is I'm going like this when I'm on my calls or when I'm on my computer.

Caroline Kohles:

If we could spotlight Whit so that you can see her, you can see that her head is forward. Now, Whit, could you circle your shoulders back or try and see if you can? She doesn't have very much movement, and that's because she's hunched over and the shoulders don't have much room to move.

Caroline Kohles:

I'm going to ask her to actually move her head back so that her ears are closer to being over her shoulders, and then you're going to notice that she can circle, forward, back much more easily, right? Doesn't that feel good?

Whitney Chapman:

Absolutely.

Caroline Kohles:

Right. Let's do that a little bit. I call it the chicken head. Your head's going to go forward and back a little bit. Forward and back until you find, again, be gentle with this until you find that chin in a little bit. You'll even feel an opening in your chest, and then circle those shoulders back.

Caroline Kohles:

Our three tips so far have been breathing, whether it's the Qi gong breath or the alternate nostril breathing, our squeezing our eyes to keep our eyes moisturized, and then, to feel like our chin is over a little bit back so that our shoulders can be on our back.

Caroline Kohles:

Believe it or not, some of our neck strain can actually be from how we're using our hands. Whit, can you talk to us a little bit about that?

Whitney Chapman:

Yeah. I know many of us think that the pain in the neck is the people in our lives, but it's actually not. It actually can happen from what's happening in our hands. There is a tissue in the body, it's called the connective tissue, and there are lines of this tissue that go from your hands all the way up into the back of your neck.

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Whitney Chapman:

You can do this when you're sitting at a desk or if you're sitting just away from the desk. You can do it standing up on a countertop. But if you could, just take your hands and lengthen your arms, and I'd like you to flex your wrists so that we are looking to elongate a sense of pull here through the hands. If you were up on a countertop, you would just be standing, putting your hands on the countertop.

Whitney Chapman:

From there, just move around a little bit. Wiggle your shoulders, move your shoulders a little forward and back, and see if you can feel any kind of stretch or restriction that you might sense through your hands or your wrists. Again, if you're up on a table top, it would look like that.

Whitney Chapman:

Then, I'd like you to take your hands and turn them sideways so your fingers point outwards and your thumbs are pointing forward. Here we would shift a little right to left, and breathing. Notice as you're shifting here, do your fingers start to feel like they're getting tighter or they start to curl up? Have you lost the length? If you were on a tabletop, could you feel all of the hand into the floor or the table? Great.

Whitney Chapman:

Then, here's the doozy. You're going to try to turn your hands again so that the thumbs point sideways to the right and left side and your fingers try to come on the countertop or your thighs. This is usually the one that's the OMG moment, right? From here, do not force this, so if you don't get all the way around, that's fine. That's where you are today. From here, we shift, and this will be much smaller, a little forward and back. I can already see, you can see my thumbs are curling more in this position.

Whitney Chapman:

You can also try to bend your elbows. You'll notice that my left elbow will bend a little bit more than my right. I don't know about you, but this is like, oh my gosh. Take your hand away and wiggle your fingers, circle your wrists, sort of shake it out for a moment, and then I'd like you to take your shoulders again and circle them up, around, and back. Take a deep sigh. How many of you can sense that your shoulders move a little more freely? Yeah?

Caroline Kohles:

Wow. I have much more range of motion now in my shoulders. That's just from taking the fascial tissue in the hands and lengthening it out. Go ahead and do this with your fingers too, everybody. This is called web spaces, and we can close and open our hands like this, and that just encourages that connective tissue to open a little bit. Then, circle your shoulders.

Caroline Kohles:

Speaking of opening, the joints in our body come together like this. Bones come together at what's known as a joint, and that's where movement occurs. What we want to be able to do is move all of our big joints, open and close them every day. Let's start with our wrists. That's another little hack that can be really helpful, a little tip.

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Caroline Kohles:

Our wrists, the body is designed in ones and twos. We have one head and we've got two wrists. We've also got joints at the elbows, two elbows, so just move them in any way that feels comfortable. It doesn't have to look like me or Whit or anybody on the call. It can be in your own way. It can be very small. In fact, you can even imagine it moving and that can be very effective too.

Caroline Kohles:

Two shoulders, right? I said the body's designed in ones and twos. Can you think of another single item on your body? How about your nose? That's a one. Then, here we are with our spine. Our spine, which includes our head and our tailbone. You can move that in any way that you want. By opening and closing the big joints in the body, I'm going to stand up, you're just going to see my hips, I'm going to move my hips in any way I want there. Then, I have the knee. You don't have to lift your leg up. You can just extend a leg and bend and extend it. Of course, the ankle joint, right? Circling it. Again, you can keep it down below. I'm just lifting it to show you.

Caroline Kohles:

We call that 13 joints, and all we want you to do is wiggle. Do not underestimate the power of wiggling. Right? Before you get up, if you've been laying down for a long time. In the mornings, I always wiggle. I always wiggle. It helps improve our circulation. It gets our energy or our Qi flowing, and it's quite effective.

Caroline Kohles:

Whit, could you demonstrate, or I'll demonstrate it, you can talk about that cat/cow that we do in yoga that sometimes people feel like they have to be on the ground, but you really don't have to be.

Whitney Chapman:

You don't. What I'd like you to do is, if you're sitting in your chair, you can extend your arms out in front of you. I want you to think of just looking forward and then drawing the elbows back. Let your heart go up towards the sky and bring your eye gaze up your wall a little bit. You'll notice that your tail will sort of lift up. Then, take your fingers and press them forward, tuck your chin in, and stretch your back as if you were trying to reach the back of your chair, so rounding the back.

Whitney Chapman:

It's almost like you're rowing a boat, so you can pull the oars back, letting the heart rise, and then pressing the oars forward to round the back. You can also do this with your hands on your legs. Once again, you're just letting the heart rise and then letting the heart and the head round and fall.

Caroline Kohles:

Where should I breathe, Whit?

Whitney Chapman:

The most important thing is that you just breathe, but ideally what we would love is that when you're rounding the back, you're exhaling because you're compressing the diaphragm. When you're lifting your heart up and looking up, you're expanding, so there's more space for breath to come in. But what's

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really most important is that you breathe and we want to look for a continuous and easy, effortless breath. That's really what we want.

Caroline Kohles:

Fantastic. Then, right from there, we talked about today how we wanted to help you have a few tips to work with your lower back. One of the tips is just to stretch our leg and our knee. Whit, can you tell us about that too?

Whitney Chapman:

Sure. I like to draw my thigh towards my chest, however easily and far it gets is great. Then, because we can, blow your knee a kiss. Give it a little love, then you can sit back up. Let the leg be heavy in your arms and start to draw a circle with your leg. The heavier that thigh bone is, the more your biceps and triceps will get a little bit of work as well as a stretch through the shoulders. Then you can try going the other direction. Keep your other foot just steady on the floor. Then, I always like one more kiss, so bring the nose towards your knee, blow a kiss. Maybe you can touch it. Then place your foot back down on the ground.

Whitney Chapman:

Take a moment here. Check inside and just notice what your right side feels like. Caroline, do you sense anything?

Caroline Kohles:

Yeah, one side feels longer or a little bit lighter in some ways, you know?

Whitney Chapman:

Great. Let's do the other side. Grab your left leg. Pull that leg up to where it's easy and effortless for you. Give that knee a kiss. Do not show favorites. Then, sitting up tall again, start to just stir that thigh bone gently around in your hip socket.

Caroline Kohles:

If you can't touch your knee, that doesn't matter at all. It could even be just looking down gently.

Whitney Chapman:

Absolutely. We all love being blown a kiss, right? Circle the other direction. Now it's our way of reaching each other. All right, so blow your knee a kiss and then place that foot down on the floor and really get a sense of feeling your pelvis on the chair and your feet on the floor. How we doing?

Caroline Kohles:

Good. I'm going to tilt my screen so everyone can see my feet. If you can spotlight me, I'm going to take just a can, regular can from your cupboard, and I'm going to use that can. I'm just going to use it as a little rolling pin. Back and forth.

Caroline Kohles:

While I do that, and even on the sides, Whit, can you tell me what I'm doing and why?



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Whitney Chapman:

Well, what you're doing is you're warming up the connective tissue. You have more nerve endings on the bottom of your feet than any other part of your body, so that helps us stay connected to the ground. Caroline, why don't you show them and talk about the different sides of your feet that you're working on?

Caroline Kohles:

Yeah, so I'm working on my inner arch and my outer arch. Then, I'm going to take a moment and just feel once again the difference between this side and the other side. This feels flatter to me. It feels like I've massaged it. I even have a little bit of tingling in it.

Caroline Kohles:

Then, I'm going to go ahead, because this side wants to play too. When we feel good, that's the great thing about pampering is when we feel good, we want to do more of it. If anything we're suggesting isn't feeling good to you, feel free to modify it and adjust it. On the inside again, and on the outside. Then, Whitney, why don't you talk about what we're going to do next? We both love this one.

Whitney Chapman:

This is my favorite one, and I'm going to explain what it is. I call it the temper tantrum. Caroline, I want you to make some noise and have a temper tantrum, so let them see it. You're just tapping on your feet on the floor. Go lightly if you're dealing with neuropathies or neuromas. Then, even stronger if it feels good in your feet. Make a couple more sounds, Caroline. Then stop. What do you feel?

Caroline Kohles:

Oh I feel tingling.

Whitney Chapman:

Great.

Caroline Kohles:

That's cool.

Whitney Chapman:

You're waking up those nerve endings and you might be waking up your downstairs neighbor if you live in a New York City apartment. But that's okay too.

Caroline Kohles:

Finally, because we did talk about the hands, you can grab some olive oil if you want. It's a good time to keep your hands, the nails short, to take off any polish. Give them a break to breathe and you can rub the oil into your hands. Then what I do is I just take my gloves and I'll put them on for a couple of hours while I'm doing housework or even typing. I'll have my gloves on and I have that nice olive oil or coconut oil or any oil, shea butter can be great too, and that can help moisturize those cuticles and the hands.

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Caroline Kohles:

Then, finally, one last thing. Just again, it's been researched, it's been studied, and that is a little loving kindness prayer. If we could have the screen up. What we'd like you to do is repeat after us. So, may I be happy.

Whitney Chapman:

May I be happy.

Caroline Kohles:

May I be healthy.

Whitney Chapman:

May I be healthy.

Caroline Kohles:

May I be safe.

Whitney Chapman:

May I be safe.

Caroline Kohles:

May I live with ease.

Whitney Chapman:

May I live with ease.

Caroline Kohles:

Whit, do you want to read the next one?

Whitney Chapman:

Sure. Now we want you to think about either someone you love, or you can look if you're in the gallery view at someone you may not even know, and to them I want you to repeat after me. May you be happy.

Caroline Kohles:

May you be happy.

Whitney Chapman:

May you be healthy.

Caroline Kohles:

May you be healthy.

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Whitney Chapman:

May you be safe.

Caroline Kohles:

May you be safe.

Whitney Chapman:

May you live with ease.

Caroline Kohles:

May you live with ease. Then, for everyone, may we be happy.

Whitney Chapman:

May we be happy.

Caroline Kohles:

May we be healthy.

Whitney Chapman:

May we be healthy.

Caroline Kohles:

May we all be safe.

Whitney Chapman:

May we all be safe.

Caroline Kohles:

May we all live with ease.

Whitney Chapman:

May we all live with ease.

Caroline Kohles:

Thank you so much, everybody. If you have questions or if we can help in any way, we would love to do so. Those are our tips and little hacks that we use. You can tell we did them and we went through them with you, and we find them to be really effective. Small little things that can make a huge difference.

Elana Silber:

We have one question that just came in through the chat. There's a woman who wants to know if you can talk a little bit, if you know, about lymphedema. Because she is feeling tight in her arms.

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Whitney Chapman:

Sure. We know that the lymphatic system requires movement, and in the healing process it's something that we have to be cautious of in our cancer care, right? Starting with small movements is always recommended, and to start with a little bit of movement. Instead of doing everything really big, choose one day to just do some small movement and see how you feel. Pay attention, especially if it's in an area where you've had some lymph glands removed to keep it slow and simple.

Whitney Chapman:

We also know that movement, even if you take your hands and you just lightly brush up towards your heart, right, the heart area and the lungs is where we process and we help eliminate as well as the lower body. But just lightly drawing up towards you. You could do this with a feather, or what I like to do is with one of those scrunchies or dry brushes right before I take a bath or a shower. Then I exfoliate at the same time, right?

Whitney Chapman:

Yes, Caroline is doing it down from the neck, but you want to just move towards the heart.

Caroline Kohles:

Yeah. Then, even on the legs too, you can move that up, move that up. Pay attention to that. It can be something you talk to your healthcare professional about. If you notice that things are increasing, you might want to get a sleeve to help prevent that lymphedema from happening. Or if you have it now, then you can mitigate that as we said by that gentle movement and that lymphatic massage.

Elana Silber:

This will be on Sharsheret's website. You can watch this over and over again until you get it and keep coming back for more. But is there a website where these kind of exercises are located that they can access in addition to rewatching this?

Caroline Kohles:

Yeah, thank you for asking that question. The Marlene Meyerson JCC in Manhattan is a partner with Sharsheret and we have free exercise classes. Whit teaches one on Monday nights. I teach one on Tuesday afternoons. You can go to the website. Perhaps I can figure out how to put that in the chat, and the links are right on there so that you can take class with us if you would like.

Caroline Kohles:

Again, they're all free and they are focused for those that are living with or going through cancer, or they're caregivers.

Caroline Kohles:

Fantastic. Yeah, so come visit us. Come see us.

Whitney Chapman:

Please.

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Elana Silber:

Someone asked a question, when you mentioned gloves, what kind of gloves?

Caroline Kohles:

Well, I like the latex-free. It's just the ones that I got from, what are they called? I'll grab the box. They're powder-free. They're just these gloves and they're latex-free. It's tricky finding gloves right now because everyone's using them to protect when they go outside and stuff. But even if I just put it on my hands, and sometimes I've even used my socks. When I go to sleep at night, I'll put something, if my hands are really dry, like when we first started with COVID.

Caroline Kohles:

I don't know if you guys were like me, but I was washing my hands so much that I actually got rashes on my hands. Then I put some of this wonderful, I started to use Dr. Bronner's soap, the baby soap, and dilute it with water and put a little bit of glycerine in there, and a little essential oil, which you can make yourself. It's completely nontoxic. I started controlling what I was washing my hands with and also putting on some wonderful, rich oils that my skin didn't react to. I'm really sensitive. Then I also put socks on at night, so when I was sleeping they could do their magic.

Whitney Chapman:

I noticed in the chat someone asked a question about Qi gong. I love Qi gong and I love it as a tool to help in our healing process and in maintaining our health, and I actually have been doing more Qi gong during this time of isolation than anywhere else.

Whitney Chapman:

The first breathing exercise that Caroline started with today where we just took our hands and reached and circled them, it can be small. It can be as large as it feels good to you. I love Qi gong as a healing technique to help us through cancer care because it moves slowly, it heightens our awareness, it works the lymphatic system, it's going to move all those joints that Caroline was talking about today, and it connects with the breath and our energy centers, and it's all about Qi gong specifically from the martial arts. It's one of those martial arts systems that's really about healing. It is not intended to be a martial art but it's really about healing.

Whitney Chapman:

I would strongly recommend investigating that and it's something that can be supportive to your system and energizing.

Caroline Kohles:

Great.

Elana Silber:

We had a couple of questions that came in before the chat, so I wanted to share those too. One person said, "Now that I'm working from home, my back is really giving me trouble. I don't have the right type of chair. How can I compensate?"

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Caroline Kohles:

Well, one of the best ways that you can do it is to create a standing desk. I'm going to show you my fancy schmancy standing desk. It's really just a box, so you can just see. Here it is. Then, I put this on top, and then I put, I don't know if you can see it, oh, I put another box on top of that. Then, I'm able to stand at my computer.

Caroline Kohles:

Standing up and sitting down and changing that is really helpful. The other thing about the back is you want to go with the things, the joints that are above the back and below the back. Sometimes, I don't know if it's your upper back that's hurting or your lower back that's hurting, but sometimes when we go right to it, it's too much. It's too intense.

Caroline Kohles:

Remember, our whole body's attached so we can actually move our hands, which is what we were doing before, and that's going to change our neck. If I move my chest a little bit gently, that's going to influence my back. If I move my hips, those hip circles, that's going to influence my back too.

Caroline Kohles:

Please don't think that you have to go right to the area that's hurting. In fact, that might be too much. Go to other areas of your body and move your whole body gently, and that should help a lot.

Elana Silber:

You might've already covered this in the beginning, but I didn't know if there are any quick breaks/exercises that you could also share. This woman wanted fun five-minute movement breaks while she's working from home.

Whitney Chapman:

I've got a great one. I've got a great one. This is one of my favorites. Okay, I want everybody to do this with me. I want you to raise your hands to the degree that you can and I want you to go yes! Just say it again. Yes!

Elana Silber:

Yes!

Whitney Chapman:

Yes! Now, the cool thing about saying yes is you can say it to things that you feel good about. Yes, I had a nice salad today for lunch! Yes, I got an email from my boyfriend! Yes, it's a sunny day! But you could also say it to the things that aren't really are yeses, like yes, I'm stuck inside! Yes, I'd really like to go do something else! Yes!

Whitney Chapman:

All those things that when you have those days that really get on you, and we've all had them, whether it's the temper tantrum or the meltdown or whatever, take those feelings and say yes to them. Because when you say yes, and if you're someone who wants to jump when you do that, go for it. But even just raising your hands towards or above your heart, that's going to boost the cardiovascular system, but it

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releases the good endorphins, right? Part of the healing process is flushing the body and keeping the body juicy with those good, healthy endorphins.

Whitney Chapman:

Acknowledge the things that are not your best, right? Just say yes, that's what it is, but it doesn't have to be bad. It doesn't have to stay that way. Also say yes to the things that are your blessings and are the things that you're happy about. That is my favorite go-to when I've hit my pandemic meltdown.

Elana Silber:

Caroline, one follow-up to that question. If you're sitting around all day, whether you're working or you're watching Zoom calls, what's the maximum amount of time that you should just be a couch potato? How often should we be moving? Could you give a time for that?

Caroline Kohles:

Sure. I'm going to turn on a little bit of music and I'm going to have you guys do what you should be doing once an hour. All right?

Caroline Kohles:

Awesome. That's about all the time you need. You want to open and close all those joints, stand up and sit down. But once an hour. Sitting is the new smoking. We really have to be careful that we're not sitting too much. Think about it. If you have dogs and cats and animals in your life, they don't just lie around. They move every time they want to get up and they stretch, and we have to too. We have to remember to do that.

Caroline Kohles:

Open and close those joints. Those wrists, the elbows, the shoulders, the knees, the hips, the ankles, and your spine. You can go small. Again, remember, the power of imagination. If you're feeling a little it congested and stuck and parts of your body are hurting, just imagine it moving. Imagine it moving. Or turn on music that you love. It'll change your mood. It'll change and elevate you.

Elana Silber:

One of the suggestions is if you get really mired into what you're doing, you can set an alarm to go off every hour so you remember. You're on your phone's all the time. If there's a way to set a kitchen alarm, whatever your alarm is, set your alarm and you'll do it.

Elana Silber:

Someone had a quick question about, and I'm sorry if I'm mispronouncing the way they say the lotion, Cerave, is that good with chapped hands and feet? Is that recommended? We're not giving any medical recommendations but in your experience, has it been helpful with chapped hands and feet?

Caroline Kohles:

I have not used that so I can't recommend that product. But I know that there's ways that you can check to see that a product has, make sure it has no carcinogens in it. There's several websites that will allow you to just put in your favorite beauty product. We can talk about that more. That's a whole other

lecture. But you want to make sure that whatever your favorites are that you're using aren't inadvertently having what we call a little smidgen of something that is chemical that's not good for you.

Caroline Kohles:

That's why I tend to go towards things that are really nontoxic. I use olive oil because it's like a food, or coconut oil. I wouldn't put it on a young, young baby because that's a saturated fat, but that's a whole other discussion. But yeah, keep it as pure as you can.

Elana Silber:

Okay. Then I think we have time for a few more questions. Somebody said that one side of their body always hurts more at the end of the day than the other side. Any suggestions about that?

Caroline Kohles:

Yeah. I'll answer that and then have Whitney answer that too. You know, we're designed and we're formed as a spiral. Everything on the front of your body was on the back of your body at one point. Think of the DNA spiral. There's not a single person alive that is even on one side and on the other. Depending on our life and depending on whether we've had treatments or even an accident or how we've used one side of our body more than the other, we're going to feel one side a little bit more dominant than the other.

Caroline Kohles:

First of all, I just want you to know that you and everybody have that. That's completely normal. What you want to do is notice are you using one side of the body more than the other? I tend to cross my right leg, and not surprisingly I tend to have some tightness in my sacral iliac joint in my lower back on that side. One of the things I stopped doing is crossing my legs so much.

Whitney Chapman:

Yeah, I would say certain things are good to notice, like I'm a right-handed person so in your mirror right now, it looks left. When I use my mouse, it's usually on this side. You might make it for five minutes, but try using your mouse on the other side. Not only is it going to train your muscles differently, it's also going to really challenge your brain, so you're going to have to learn fingers differently.

Whitney Chapman:

The fact that you have an awareness of that difference is what I'd say is the first step. If you tend to be someone who rotates in one direction more, give yourself some time at the end of the day to work more on the other side.

Whitney Chapman:

It's easier for me right now to turn in this direction. That's just my body's natural way of moving or habit. So I try to spend more time, and you can see how much more limited I am this way, working on just stretching in that direction and to help yourself create that balance.

Caroline Kohles:

That's beautiful. I also wanted to answer the thing about the gloves. I don't wear the gloves the whole time. Just so you know. Just a few hours or even 15 minutes can be enough. Don't think that you have to. I saw somebody in the chat saying, "Wouldn't that get sweaty?" I don't keep them on. I'll maybe put



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the moisturizer on, put the gloves on, and then I'll do the dishes, so I'm getting two things done at once. My hands are getting moisturized and I'm getting the dishes done.

Elana Silber:

One last question. Are there good sites for mindfulness, yoga, meditation? Do you have that on the JCC site? Is it on Sharsheret site? I know that Sharsheret has a few guiding to meditation and we can put that into the chat.

Caroline Kohles:

Yeah, the JCC has free meditation Monday through Friday in the mornings and in the evenings Monday through Thursday. I highly recommend Whitney's yoga class on Monday evenings.

Whitney Chapman:

Mine is Mondays at 6:15, and we have two others during the week.

Caroline Kohles:

I know what I wanted to say. You can see that both Whit and I are passionate and playful. Also exploring what works. You said, "I notice this side of my body moves a little bit more than this side of my body." We really want to invite you to have that attitude of, hey, how do I work today? We call it your now body. This is your body right now. But guess what? In the future, it's going to be different, and in the past, it was different.

Caroline Kohles:

We want you to acknowledge and work with and play with and celebrate your now body. The body that you have right at this moment and then work with that. Right? It's really important to not be too far in the future or too much in the past. Just to be present with what is right now and work with that. That creates a very loving relationship with your body, and it helps it heal faster.

Elana Silber:

I wanted to give a huge thank you. Let's give a big round of applause for Caroline and Whitney. You guys were amazing. Totally easy to follow and very engaging, and we're very excited to add you to our list of resources on our site. Also, thank you so much to JCC Manhattan for partnering with us. Very, very important, we have to take care of ourselves so we can make it through this and eventually we will get through this together. We will see each other in person at some point.

Elana Silber:

But until then, it's really, really nice to have everyone to see each other. It really makes us a community together. Just a reminder, again, if you are living with breast cancer, ovarian cancer, caring for someone, need someone to talk to, Sharsheret is available to you to address any of your issues and concerns privately, confidentially, at no cost.

Elana Silber:

You can reach out to us on our website, Sharsheret.org. You can call us at 866-474-2774. Facebook, Instagram, wherever you are, Sharsheret is with you. You are not alone. We are together. We have social workers, we have genetic counselor, and we really are offering compassionate, one-on-one

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counseling and emotional support. We also have a huge peer support network, which I think in this day and age is so important. What you think you're going through by yourself, so many other women are experiencing and they're eager to share their experience with you and bring you support.

Elana Silber:

It's great to see you all. Thank you again to Caroline and Whitney. This is part of a webinar series. We hope we'll see you back here on Thursday, 3:00 p.m. Eastern Time, 12:00 noon Pacific Time. We'll have a medical webinar with Dr. Amy Kusske who's the co-director of the University of California, Los Angeles, Santa Monica Breast Center. We're going to present our weekly update on COVID-19 and cancer. You can register on our website and we'll post the link in the chat box, which I think I saw already.

Elana Silber:

We're going to continue to bring you mental, physical, and any kind of support that you need through Sharsheret, and it's just really good to see you all. Thank you.

Whitney Chapman:

Thank you.

Caroline Kohles:

Thank you so much.

### **About Sharsheret**

Sharsheret, Hebrew for "chain", is a national non-profit organization, improves the lives of Jewish women and families living with or at increased genetic risk for breast or ovarian cancer through personalized support and saves lives through educational outreach.

With four offices (California, Florida, Illinois, and New Jersey), Sharsheret serves 150,000 women, families, health care professionals, community leaders, and students, in all 50 states. Sharsheret creates a safe community for women facing breast cancer and ovarian cancer and their families at every stage of life and at every stage of cancer - from before diagnosis, during treatment and into the survivorship years. While our expertise is focused on young women and Jewish families, more than 15% of those we serve are not Jewish. All Sharsheret programs serve all women and men.

As a premier organization for psychosocial support, Sharsheret's Executive Director chairs the Federal Advisory Committee on Breast Cancer in Young Women, Sharsheret works closely with the Centers for Disease Control and Prevention (CDC), and participates in psychosocial research studies and evaluations with major cancer centers, including Georgetown University Lombardi Comprehensive Cancer Center. Sharsheret is accredited by the Better Business Bureau and has earned a 4-star rating from Charity Navigator for four consecutive years.

Sharsheret offers the following national programs:

#### The Link Program

- Peer Support Network, connecting women newly diagnosed or at high risk of developing breast cancer one-on-one with others who share similar diagnoses and experiences

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- Embrace™, supporting women living with advanced breast cancer • Genetics for Life®, addressing hereditary breast and ovarian cancer
- Thriving Again®, providing individualized support, education, and survivorship plans for young breast cancer survivors • Busy Box®, for young parents facing breast cancer
- Best Face Forward®, addressing the cosmetic side effects of treatment
- Family Focus®, providing resources and support for caregivers and family members
- Ovarian Cancer Program, tailored resources and support for young Jewish women and families facing ovarian cancer • Sharsheret Supports™, developing local support groups and programs

## Education and Outreach Programs

- Health Care Symposia, on issues unique to younger women facing breast cancer
- Sharsheret on Campus, outreach and education to students on campus
- Sharsheret Educational Resource Booklet Series, culturally-relevant publications for Jewish women and their families and healthcare Professionals

## Disclaimer

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