

healthhappiness&harmony



(two women running)

Photo courtesy of Getty Images

Find the Silver Linings in Life

Bestselling author, nurse and breast cancer survivor shares advice for healthy living

(Family Features)

Every year, approximately 250,000 people are diagnosed with breast cancer. As a vegan-eating, marathon-running, mother in her 30s with no family history of breast cancer, Hollye Jacobs was unexpectedly diagnosed with the disease. Now, the nurse turned *New York Times* bestselling author of "The Silver Lining: A Supportive and Insightful Guide to Breast Cancer" has partnered with Allstate to help everyone impacted by cancer receive a free guide with practical tips, important information and inspiration to inform and support people from diagnosis, through treatment and recovery, and into life after cancer.

"I am honored to partner with Allstate to empower women with knowledge to take control of their health and encourage

each other along the way," said Jacobs. "I hope we can all be there for each other and find the silver linings in life."

As a follow-up to her successful book, Jacobs offers this inspiring advice on how to find the silver lining and feel your best in any situation:

Dress the part: Dress to feel your best no matter where your day takes you, from school to work to chemotherapy. Invest in pieces that make you feel comfortable and confident. During her chemotherapy experience, Jacobs found that cotton scarves were the easiest to tie and most effective at staying comfortably on her head when out and about.

Exercise: Pace yourself and set reasonable goals to take control

of a healthy lifestyle. Begin slowly but consistently to establish a positive habit on which you can build; even a slow stroll can be transformative for your health.

Healthy eating: Like exercise, good nutrition helps offset exhaustion that comes with the weight of daily stresses and fatigue. A balanced and healthy diet doesn't have to be expensive. Incorporate nutrient-dense foods like avocados and nuts, and drink plenty of water. Whenever possible, avoid alcohol, sugar and processed foods.

Encourage each other: Jacobs' biggest life lesson from her experience with cancer was that asking for help is a sign of strength, not weakness. If you think that you could benefit from professional or spiritual support, pursue it. Celebrate positive thinking and remember that everyone reacts to life's unexpected struggles and pain differently. Be kind and patient with others and, most importantly, yourself.

Express yourself: For Jacobs, writing was cathartic. Her book evolved from her blog, www.TheSilverPen.com, which unexpectedly reached audiences far beyond her circle of friends and family. She encourages people to write down at least three silver linings each day, from noticing the color of a flower to petting an animal.

Educate yourself: Be an active participant in your health by learning from trusted sources and resisting the urge to blindly search online for information. When learning anything new, be patient, open, flexible and assertive to find what works best and most comfortably for your routine.

The free Silver Lining Companion Guide is available for download or for pick up at participating distribution centers and select Allstate agencies nationwide. Download or find the nearest participating distribution center at www.Allstate.com/SilverLining.



(woman with flowered head scarf)
Photo courtesy of Elizabeth Messina

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