



Cancer Wellness Resource Guide



Welcome!



Hi, I'm Aastha — and I'm so glad you're here.

Still Strength Wellness was born from my own journey through breast cancer — a path that changed my body, mind, and heart in ways I never expected.

I created this resource guide for people just like you — those navigating the uncertainty, the grief, the healing, and the quiet strength that comes with this season of life. Whether you are newly diagnosed, in treatment, finding your way through survivorship, or are looking to better your overall wellness, this workbook is your companion.

You'll find journaling prompts, planning tools, self-reflection spaces, and simple resources to bring what you're learning into your everyday life.

You are not alone in this. I see your strength, even if you're just beginning to find it again.

Let's begin — together.

With love and strength,

Aastha Saggar

[SCHEDULE A FREE CALL WITH ME](#)

Appointment Planner

OVERVIEW

MONTH

Tasks

Milestones

S

M

T

W

T

F

S

Medication Log

Gratitude Journal

What am I grateful for?

Your Personalized Movement Menu

Explore ways to move that feel good for your body today.
Circle 3 options you'd like to try this week.

Gentle Strength Ideas

- Wall push-ups
- Seated bicep curls with light weights or cans
- Glute bridges (on the floor or bed)
- Standing marches
- Resistance band rows

Seated / Low-Energy Options

- Seated leg lifts
- Arm circles or shoulder rolls
- Ankle pumps
- Seated yoga flow
- Chair tai chi or mindful movement

Stretching & Mobility

- Cat-cow stretch
- Neck rolls and side bends
- Hamstring stretch (seated or standing)
- Shoulder openers
- Gentle spinal twists

Your Personalized Movement Menu

Explore ways to move that feel good for your body today.
Circle 3 options you'd like to try this week.

Breath-Led Movement

- Breath and reach: inhale arms up, exhale arms down
- 5 rounds of box breathing with simple shoulder rolls
- Standing flow with breath awareness
- Inhale-lift / exhale-lower slow squats or toe taps

5-Minute Options

- Walk around your space or outside for 5 minutes
- 3 mobility stretches + 2 strength exercises
- Gentle dance break (yes, really!)
- Seated yoga and breath
- 5 minutes of light resistance band work

Walking Variations

- Walk and listen to music or nature sounds
- Mindful walking (match breath with steps)
- Walk with a friend or pet
- Loop around your home between tasks
- 10-minute neighborhood stroll after meals

Workout Planner & Reflection Log

Day	Movement Type	Duration	Energy Level (1–5)	How I Felt After
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Find Your Anchor Worksheet

Setting Up Your Practice

My Preferred Time of Day:

- Morning
- Afternoon
- Evening

My affirmation for this week:

“Even five minutes is enough”

MY MEDITATION SPACE WILL BE:

CHAIR / FLOOR CUSHION / BED / COUCH

My Tools:

- HEADPHONES
- GUIDED AUDIO
- JOURNAL
- BLANKET OR PILLOW
- CANDLE OR
CALMING OBJECT

My Supportive Ritual:

*Example: "Light a candle,
drink tea, then begin."*

Meditation Diary

Date:

Time:

Duration:

What meditation did I do today?

How did I feel before the practice?

How did I feel after the practice?

Any thoughts, emotions, or sensations that came up?

One word to describe how I feel now: _____

Food + Mood Diary

Time	What I Ate	Hunger Level (1-5)	Fullness (1-5)	How I Felt After Eating
8 AM	Oatmeal w/ fruit + walnuts	3	4	Calm, satisfied
12 PM	Leftover lentil soup + greens	2	5	Overfull, tired, cranky
6 PM	Veggie stir-fry + tofu	4	3	Energized, not heavy

Tip: Use this to spot patterns – what energizes you vs. what drains you.

Whole Foods Tracker

How Whole Is My Plate?

Checklist for Each Meal:

- 1 Whole Grain
- 1 Veggie
- 1 Healthy Fat
- 1 Plant-Based Protein

Notes:

Quick & Easy Recipes

Plant-Based Meals for Energy, Healing & Ease

1. Lentil Soup



Ingredients:

- 1 cup cooked lentils (or canned, drained)
- 1 carrot, diced
- 1 celery stalk, diced
- 1 garlic clove, minced
- 1 tbsp olive oil
- 2 cups low-sodium veggie broth
- ½ tsp cumin
- Salt & pepper to taste
- Lemon wedge to serve

Instructions:

- Heat olive oil in a pot. Add garlic, carrots, and celery. Sauté 3–4 min.
- Add lentils, broth, cumin, salt & pepper. Simmer 5–6 min.
- Serve warm with a squeeze of lemon.

Quick & Easy Recipes

Plant-Based Meals for Energy, Healing & Ease

2. Chickpea Veggie Stir-Fry



Ingredients:

- 1 cup canned chickpeas, rinsed
- 1 zucchini or bell pepper, chopped
- ½ onion, sliced
- 1 clove garlic, minced
- 1 tbsp olive or avocado oil
- 1 tbsp low-sodium tamari or soy sauce
- Optional: sesame seeds or chili flakes

Instructions:

- Sauté garlic and onion in oil for 2 min.
- Add veggies and cook for 5–6 min.
- Add chickpeas and tamari. Cook 2–3 more min.
- Top with sesame seeds or chili flakes if desired.

Quick & Easy Recipes

Plant-Based Meals for Energy, Healing & Ease

3. Berry Smoothie Bowl



Ingredients:

- 1 banana (frozen or fresh)
- ½ cup frozen berries
- ½ cup plant-based milk
- 1 tbsp chia seeds or flax
- Toppings: sliced fruit, granola, seeds

Instructions:

- Blend banana, berries, milk, and seeds until smooth.
- Pour into a bowl and top as desired.

Notes:

"How to Ask for Help" Script Builder

Use this when you're struggling but unsure how to reach out.
Fill in the blanks and speak from the heart.

"I've been feeling [emotion], and I realized I need [type of support]. It would mean a lot if you could [specific ask]."

Acknowledge the moment: "This feels a little hard for me to say, but I could really use some support..."

Name what you're feeling: "I've been feeling really [ex: anxious / isolated / exhausted / scared]..."

Make the ask: "Would you be open to [ex: checking in once a week / going on a short walk with me / just listening without trying to fix it]?"

Affirm the relationship: "Thanks for listening — it means the world to me."

“Pay-It-Forward” Checklist

Here are some ideas to give back:

- Text or call a friend who's struggling
- Share a resource or quote that helped you
- Volunteer (even virtually)
- Write a short note to a caregiver, nurse, or fellow survivor
- Post your story (if it feels right) to support others

**You have value. You are needed.
Your voice matters.**

Thank you!



Thank you for showing up. This journey takes courage. I hope this workbook helped you feel more grounded, more connected, and more supported.

This isn't the end of your journey — it's a powerful beginning. Keep moving in ways that feel good. Keep nourishing your body. Keep breathing deeply. Keep reaching out when you need support. Most of all — keep trusting in your strength.

If you ever feel like you want more support — personalized guidance, deeper accountability, or simply someone who gets it — I'd love to walk with you. You can explore 1:1 coaching or other resources at StillStrengthWellness.com.

But even if this is where our time together ends, please know: You are stronger than you think. You are worthy of deep healing. And you are never, ever alone.

With all my heart,

Aastha Saggar

[SCHEDULE A FREE CALL WITH ME](#)

