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Wellness Tips

Smart Pain Management tips
(NON-DRUG) FOR CANCER WARRIORS

01

Practice Mindful Breathing

Deep, intentional breathing helps calm the nervous system, reduces stress hormones, and subtly reduces pain perception.



02

Use Gentle Movement like Yoga or Tai Chi

Slow, mindful movements help loosen stiff muscles, increase circulation, and release endorphins. Even modified chair yoga or Tai Chi can bring relief while boosting mobility and mood.



03

Focus on Sleep Hygiene

Restorative sleep is a natural healer. Stick to a sleep routine, limit screen time before bed, and create a serene bedroom environment to help the body repair and cope with pain.



04

Explore Nature Therapy

Spending time in nature—gardening, walking barefoot on grass, or simply sitting under trees—helps regulate the body's stress response and reduces inflammation, improving pain tolerance.



05

Try Warm & Cold Therapy Mindfully

Applying heat (like a warm compress) can relax tense areas, while cold packs help with inflammation. Use mindfully — paired with breathwork — to teach the body to respond rather than react to pain.



06

Use Sound Therapy or Binaural Beats

Low-frequency sounds and healing music (such as Solfeggio frequencies or binaural beats) can reduce pain intensity and bring the body into a more harmonious rhythm.



07

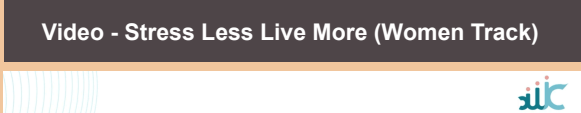
Biofeedback with Intuition Training

Use simple biofeedback tools (like heart rate or skin temperature monitors) to train your body's stress signals.

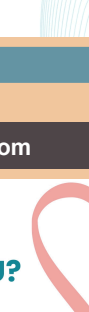
Disclaimer: Information provided here is general and suggestive, not meant to be prescriptive. You are advised to check your personal needs and check with practitioners as applicable.

Sources: <https://stanfordhealthcare.org/medical-conditions/pain/pain/treatments/non-pharmacological-pain-management.html>
<https://www.cancer.gov/acs/online-events/news-articles/news-articles-detail/effective-non-drug-approaches-to-pain-management>

Upcoming Event

*CWC Cancer Track Presents*NAVIGATING THE CANCER MAZE:
POST DIAGNOSIS TIPS & PERSPECTIVESMAY 24, 2025
10:00 – 12:00 PM PTICC Studios, 525 Los Coches St.,
Milpitas 950035**Moderator****Mohan Uttarwar**, Co-Founder & CEO, One Cell Diagnostics.**Panelists****Dr. Jincy Clement**, Oncologist**Dr. Shirley Reddy**, Nursing practices**Dr. Padma Srinivasan**, Physician focusing on nutrition + lifestyle for improved outcomes in cancer**Adolfo Velasquez**, Cancer Health Hero + Patients' Network Activist*Block your calendar,
Register at the earliest*<https://bit.ly/CWCcancer12025>**To Register:**

- Copy-Paste the link in the browser
- Scan the QR code



Register

Video - Stress Less Live More (Women Track)

*CWC Women Track*
STRESS LESS, LIVE MORE

Watch Video

Skin Deep - Test Your Wellness Wisdom

**1 Mold exposure
at home can cause:**

- A) Brain tumor
- B) Skin cancer
- C) Asthma attacks and respiratory irritation
- D) Broken bones

**2 Breathing through
the nose helps to:**

- A) Dry the lungs
- B) Filter and warm the air
- C) Increase toxins
- D) Stop oxygen flow

**3 Shortness of breath
during rest could indicate:**

- A) Panic attack only
- B) Normal fatigue
- C) Serious respiratory condition
- D) Hunger

**4 What type of exercise is most
beneficial for lung health?**

- A) Weight lifting
- B) Aerobic exercise (e.g., walking, swimming)
- C) Yoga only
- D) None of the above

**5 Which indoor plant helps
improve air quality?**

- A) Aloe Vera
- B) Cactus
- C) Orchid
- D) Rose

Keep an eye for the answers in our April Edition !

Wellness Trivia- Answers (March'25 edition)

Q1

Answer

C) 50%

**1 What percentage of dust in your
home is actually dead skin?**

- A) 10%
- B) 25%
- C) 50%
- D) 70%

Q2

Answer

D) All of the above

**2 What happens to your skin
when you're happy?**

- A) It glows
- B) It becomes firmer
- C) It produces more collagen
- D) All of the above

Q3

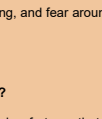
AnswerB) Letting your
skin go without
products for a while**3 What does
"skin fasting" mean?**

- A) Avoiding food that affects your skin
- B) Letting your skin go without products for a while
- C) Using only water to cleanse your skin
- D) Applying sunscreen only once a week

Q4

Answer

D) All of the above

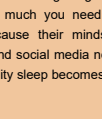
**4 What unusual ingredient has been
found to improve skin hydration?**

- A) Snail mucin
- B) Bee venom
- C) Mushroom extract
- D) All of the above

Q5

Answer

C) Vitamin C

**5 Which vitamin is known as the
"skin vitamin"?**

- A) Vitamin A
- B) Vitamin B12
- C) Vitamin C
- D) Vitamin E

Blog

Sleep Anxiety – Why You Can't Fall Asleep and How to Fix It



For many teens and young adults, sleep isn't just about rest — it can be a nightly battle. Between academic stress, social pressures, and constant digital distractions, getting a good night's rest has become increasingly difficult. Sleep anxiety — characterized by restlessness, overthinking, and fear around falling or staying asleep — is a growing concern in youth wellness.

What is Sleep Anxiety?

Sleep anxiety is the cycle of stress that begins before you even close your eyes. It's the racing thoughts, the fear of not getting enough rest, and the pressure to "fall asleep right now" because of how much you need to function the next day. Teens are especially vulnerable to this because their minds are constantly active — juggling academics, relationships, identity and social media noise. Add to that, an irregular sleep schedule, and it's no surprise that quality sleep becomes difficult to achieve.

But sleep isn't just about what happens at night—it's deeply connected to overall well-being. That's where CWC's youth-focused initiatives come in. **Through webinars, interactive events, and expert-led discussions**, CWC has empowered young people to make meaningful changes. From mindfulness techniques to time management, CWC provides practical tools that support healthier lifestyles.

We interviewed 2 of our youth members - **Kavin Sivakumar**, a Food Science Researcher and **Mehek Parghi**, an Undergraduate Molecular Biology student at SJSU, on how they manage sleep anxiety and what others can learn from their experiences.

1. CWC : Can you identify at least one thing you've changed or would like to change in your night time routine that helped reduce sleep anxiety?

Kavin: Although I haven't experienced sleep anxiety personally but have noticed that sticking to a regular night time routine—like setting screen time limits and going to bed earlier—has significantly improved my sleep quality.

Mehek: Balancing schoolwork and early classes makes it tough to get enough sleep. Creating a consistent routine and planning the day better is the key to feeling well-rested.

2. CWC : Please cite some examples of how CWC initiatives and it's Youth Track have guided you in your 'sleep' practices as well as wellness journey?

Kavin: CWC has played a key role in my wellness journey by offering youth-focused, practical guidance. Through events and expert insights, I've learned helpful strategies like mindfulness and time management that have enhanced my sleep and overall well-being.

Mehek: CWC's webinars on nutrition, exercise, and mental health support overall well-being. These insights help improve sleep by promoting healthy habits and open conversations.

3. CWC : What advice would you give to another teen/youth who feels anxious at bedtime but doesn't know where to start?

Kavin: To those struggling with anxiety at bedtime, I suggest start with simple habits, such as brushing teeth on time, can help build a routine. They encourage patience and reassure that beginning the journey is the hardest—but most rewarding—step.

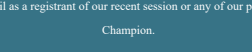
Mehek: Start small and set realistic sleep goals—like cutting screen time before bed. Don't hesitate to ask for help; progress begins with simple, consistent steps.

The Power of Community: CWC

Teens & Youths in CWC community share their sleep struggles and support each other with real, actionable advices. The platform offers a safe space to talk, learn, and grow. When young people see that others are going through the same thing, it builds a sense of control and confidence.

We are pleased to share that CWC's Youth Webinar 'Dream Big with Optimal Sleep', took place successfully on April 24, 2025. If you missed it, please email at events@mycwc.org for free access to the full event video.

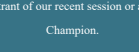
Marketplace Vendors



Checkout Here

Spotlight of the Month: Heads Up

Watch Video

Enquiries: info@mycwc.org

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