



MY HEALING ENVIRONMENT PROTOCOL™

Who I want beside me, what kind of support
actually helps me, what does not and how
others can best walk with me.

I can be intentional about what surrounds me while I heal.

Healing happens in many places.

A physician's office.

An examination room.

An imaging center.

An infusion chair.

An operating room.

A recovery room.

My bedroom.

My kitchen.

My car.

My backyard.

A church pew.

The arms of someone I love.

Some of these environments I can shape. Others I cannot.

But wherever I go, I can become intentional about what I bring into the space with me.

- My faith.
- My words.
- My boundaries.
- My music.
- My prayer.
- My people.
- My attention.
- My peace.
- My presence.

I may not control the room, but I can participate in what I bring into it.

I Will Notice What My Environment Is Doing to Me

Some environments help me exhale.

Others make my body tighten before I consciously know why.

I will begin noticing.

What helps me feel peaceful?

What makes me anxious?

What helps me rest?

What overstimulates me?

What sounds soothe me?

What conversations drain me?

What images encourage me?

What information leaves me frightened?

Who brings peace into the room?

Who changes the atmosphere when they enter?

I do not have to judge any of it.

I can simply notice.

And when something is within my control, I can choose what serves me better.

I Will Notice What My Environment Is Doing to Me

Medical environments can feel unfamiliar.

Cold.

Clinical.

Impersonal.

I may not be able to change the room.

But when permitted, I can bring something that reminds me who I am.

A Scripture card.

A photograph.

A prayer.

A small cross.

A journal.

A meaningful piece of jewelry.

A soft wrap.

Music through my headphones.

A book.

Something that makes me smile.

Something from someone I love.

Something that reminds me:

I existed before I entered this room.

I will still be me when I leave it.

I Will Welcome God Into Every Room

I do not believe God's presence stops at the hospital door.

Before I enter a medical space, I can pray.

Holy Spirit, enter this room with me.

I can pray over the treatment chair.

The examination table.

The imaging equipment.

The medications.

The infusion.

The operating room I may never see while awake.

The hands of the people caring for me.

The doorway.

The ceiling.

The floor.

All corners in the room.

I can quietly welcome the presence of God into every physical space involved in my care.

I do not have to wait for someone else to make the room sacred.

I can enter knowing God is already there.

I Will Be Intentional About Sound

Sound becomes part of my environment.

I may choose:

Music.

Scripture.

Prayer.

Silence.

Nature.

Laughter.

A familiar voice.

A meditation.

A meaningful message.

Or nothing at all.

I do not have to fill every quiet moment.

There may be times when silence itself becomes part of my healing environment.

I can ask myself:

What do I want my mind and spirit hearing today?

I Will Be Intentional About What I Watch and Read

My environment includes more than the room around me.

It includes what enters through my eyes and ears.

News.

Social media.

Search results.

Support groups.

Videos.

Statistics.

Stories.

Comments.

Cancer forums.

Other people's experiences.

Some information may educate and empower me.

Some may overwhelm me.

I can step away.

I can stop scrolling.

I can close the browser.

I can leave a group that repeatedly increases my fear.

I can decide that I have enough information for today.

I do not have to consume everything available to me simply because it exists.

I Will Be Intentional About What I Watch and Read

People are part of my environment.

I can choose, whenever possible, who accompanies me into vulnerable spaces.

I want people around me who can be present without making the moment about themselves.

People who respect my choices.

People who listen.

People who pray when I ask.

People who understand when I need silence.

People who can make me laugh.

People who do not fill the room with fear.

There may be people I love deeply who are not the people I need beside me during certain parts of my care.

That does not make them less loved.

It means I am becoming intentional about what I need.

I Will Protect the Language in My Environment

Words change the atmosphere of a room.

I can ask that frightening stories not be told around me.

I can ask people not to speculate about my future.

I can limit conversations that repeatedly center on worst-case scenarios.

I can welcome truthful information without surrounding myself with constant fear.

My home does not need to become a twenty-four-hour breast cancer command center.

There can still be conversations about:

Family.

Faith.

Food.

Travel.

Books.

Gardens.

Grandchildren.

Plans.

Dreams.

Ordinary Tuesday mornings.

And everything else that makes my life mine.

Breast cancer may be present in my life without being given every room in the house.

I Will Create Places Where My Body Can Rest

Rest is not something I need to earn.

During treatment or recovery, my body may need something different from me.

When possible, I can create a place that makes rest easier.

Comfortable bedding.

A favorite chair.

Water nearby.

Soft light.

Fresh air.

A blanket.

Music.

Quiet.

A book.

Prayer.

Things I need within easy reach.

Less clutter if clutter overwhelms me.

Fewer interruptions when I need sleep.

I do not need to create a magazine-perfect healing room.

I need a space that serves me.

I Will Let Beauty Remain

Illness can make life feel relentlessly clinical.

Beauty reminds me that it is not.

Flowers.

Sunlight.

A beautiful cup.

Fresh sheets.

A tree outside the window.

Art.

A favorite color.

A candle when safe and appropriate.

A garden.

The smell of coffee.

A handwritten note.

A child's drawing.

Beauty does not cure disease.

That is not its job.

Beauty reminds me that my life contains more than disease.

And that matters.

I Will Create Space for What Brings Me Life

My healing environment does not have to be solemn.

Healing can contain laughter.

Music.

Creativity.

Good food.

Prayer.

Conversation.

Nature.

Movement when appropriate for me.

Celebration.

Rest.

Play.

Beauty.

Love.

I can ask:

What makes me feel more alive?

And whenever possible, I can make room for more of it.

I Will Create Boundaries Around My Home

My home can remain a place of refuge.

I can decide when I want visitors.

I can decide when I do not.

I can ask people to call before coming.

I can say that today is not a good day.

I can ask someone else to coordinate meals or visits.

I can turn off my phone.

I can rest without answering messages.

I can protect quiet.

I can protect sleep.

I can protect prayer.

I can protect ordinary family time.

Access to me is not the measure of someone's love for me.

Sometimes protecting my environment means closing the door.

I Will Prepare for Difficult Moments

There may be places or experiences that I know will be difficult for me.

Scan days.

Waiting rooms.

Infusions.

Procedures.

Follow-up appointments.

Waiting for results.

Rather than simply bracing myself, I can ask:

What would help me feel supported in that environment?

Who do I want with me?

What Scripture do I want to carry?

What prayer do I want spoken?

What music do I want?

What question do I want written down?

What comfort item would help?

What do I want to do afterward?

Preparation does not mean I expect something bad to happen.

It means I am caring for myself before I enter the room.

I Will Remember That My Inner Environment Matters Too

I can make a room beautiful and still be filled with fear.

My internal environment deserves attention, too.

What thoughts am I repeatedly rehearsing?

What am I imagining?

What am I carrying that does not belong to me?

What needs to be spoken?

What needs to be prayed?

What needs to be released?

What do I need help carrying?

I do not have to force myself into constant positivity.

I can acknowledge fear, grief, anger and uncertainty without building my permanent home inside them.

I can seek spiritual, emotional or professional support when I need help.

My healing environment includes the space within me, too.

How My Medical Team Can Support My Healing Environment

I understand that medical environments have necessary procedures, safety requirements and limitations.

Within those boundaries, small accommodations can make a meaningful difference.

When reasonably possible:

Please allow me a brief moment for prayer before significant treatments or procedures.

Please let me know when personal comfort items, headphones, music or a support person are permitted.

Please communicate with me directly and respectfully.

Please explain what is happening before touching, positioning or preparing my body whenever circumstances allow.

Please understand that privacy, dignity and a sense of calm matter to me.

Please recognize that the environment in which I receive care affects my experience of that care.

I do not expect a medical facility to become my home.

I simply ask to remain a whole person while I am there.

My Personal Healing Environment Protocol

What helps me feel peaceful and grounded:

The sounds, music, Scripture or silence that support me:

The people whose presence helps me most:

What I do NOT want brought into my environment:

What helps my body rest at home:

The ordinary things that make me feel most like myself:

The beauty I want to keep around me:

What I want to limit or turn off:

What I want my medical team to understand about the environment I need:

My Commitment

I cannot control every room I will enter.

I cannot control every sound.

Every word.

Every person.

Every circumstance.

But I can become intentional about what I welcome, what I limit, what I carry with me and what I create around myself.

I will make room for truth.

For rest.

For beauty.

For laughter.

For people who strengthen me.

For words that serve me.

For prayer.

For peace.

For Holy Spirit.

Wherever this journey takes me, I will remember that I am part of the environment, too.

I bring my presence with me.

And God comes through the door with me.

Name: _____

Date: _____

My Healing Environment Protocol™ is a personal reflection, communication and self-advocacy tool. It does not replace medical advice, infection-control requirements, facility policies, mental health care or other professional care when needed.