

7 Steps to Self-Care

WHAT	HOW
Step 1: Know Your Screening Needs	<ul style="list-style-type: none">• Under 40 with no known risk factors = Breast self-exams and clinical exams• Under 40 with risk factors = Ask healthcare professional if mammograms are needed and how often to have them• 40 and older = Mammograms every 1-2 years, or as often as advised by doctor
Step 2: Find Financial Assistance	Reach out to NBCF if you are uninsured or need financial assistance.
Step 3: Schedule Your Mammogram or Well-Woman Exam	Read " How to Schedule Your Mammogram " for tips.
Step 4: Find an Accountability Partner	Ask a friend or loved one to help you prioritize your health and do the same for them.
Step 5: Meditate for Your Mental Health	Listen to the Cancer Comfort Meditation Series .
Step 6: Review NBCF's Resource	Take our eBook quiz or access the full resources library .
Step 7: Prioritize Yourself Every Day	Take time to do something you love every day—just for you!

Remember: Self-care is not selfish