




Unique Insights from  
a Young Survivor




Shauntice Allen, PhD



COMMUNITY FOUNDATION  
OF GREATER BIRMINGHAM



**SURVIVEAL** 360  
WE GROW TOGETHER WE CAN CHANGE THE FUTURE



**UAB** SCHOOL OF  
NURSING  
Knowledge that will change your world

### We've All Heard...

- “When will you be done with treatment?”
- “You look so healthy!”
- “Breast cancer is the best cancer to have. Just be grateful you don't have *(insert another form of)* cancer.”
- “You're so young!”
- “You are so strong, you can handle it.”

### Insight # 1

- **Be ready and willing to hand off some things to others. This life journey was never meant to be done alone.**

### Insight # 2

- **Make your own life tracks *(at the beach of course)!***

### Insight # 3

- **Have an inner circle of support and protect it at all costs.**

### Insight # 4

- **Always be winning, even when you feel like you can't.**

### Insight # 5

- Seek out and get to know people who “get it”.

### Insight # 6

- There is life before, during and after cancer. It's up to you to determine what that looks like.

### Insight # 7

Don't get hung up on the hard times, the challenges. Tell your story by highlighting the victories. Because it's your victories that will inspire, motivate, and encourage other people to live their stories in grander ways.

~ Iyanla Vanzant

### Philippians 4:6-7

- *Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

Thank you to the UAB School of Nursing, the YBCSN and the Worship Center for this platform to share my story!