

MISSION SELF RESET

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Jane Kellett



Welcome to Mission Self Reset!

I consider myself an ordinary woman in many ways—proud to be a wife, mother, and grandmother. My background is in psychology and community therapy, but for the past 25 years, I've navigated the pharmaceutical industry, currently working as a Hospital Key Account Manager in Oncology. Beyond that, I have a deep passion for writing. As a published author, I believe in living from the inside out, expressing thoughts and experiences through words. Check out my YouTube channel <https://www.youtube.com/@janekellett249>

This magazine is yet another creative outlet for me—I not only edit and publish a village magazine, but I also design journals and planners to help others declutter their minds and bring more organisation into their lives. These are available on Amazon, should you ever need a tool to reset your focus.

Now, let's be real. I don't meditate (though maybe I should), I try to eat healthily (I could do better), and I exercise a little (definitely need to try harder). But one thing I do strongly believe in is mindfulness—not as a trend, but as a simple way to appreciate life and manage stress.

This magazine isn't about preaching or pretending to have it all figured out. Mission Self Reset is about exploring, learning, and embracing change—together. Along the way, I'll be testing out new habits, ideas, and strategies, and if anything truly works, you'll be the first to know.

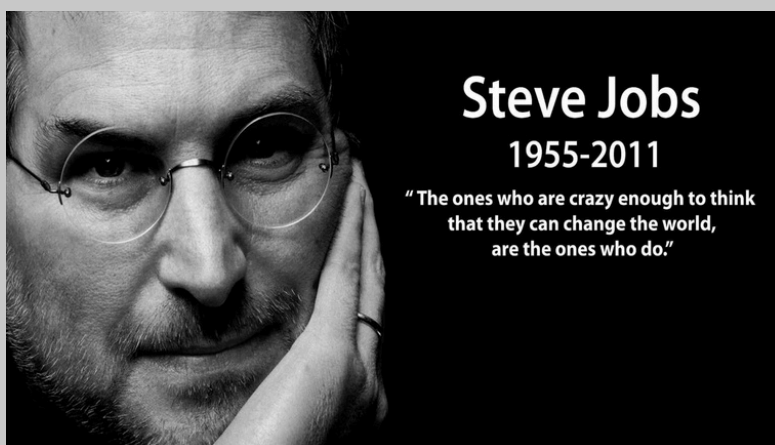
My life has been shaped by incredible highs and deeply challenging lows—some of which I'll share over time. But if there's one thing I've learned, it's this: we only have this moment guaranteed. So let's make the most of it.

Join me on this journey of self-discovery, balance, and a little bit of trial and error. Welcome to Mission Self Reset!



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missionselfreset@gmail.com

"Shirley Temple's Impact on Breast Cancer Awareness"



One of the first pioneers of creating self-awareness was the legendary Shirley Temple. She changed how other women felt and acted when diagnosed with cancer, encouraging them to speak out. In the autumn of 1972, Shirley noticed a lump in her left breast.

Shirley Temple's cancer diagnosis took the world by storm back in the '70s. These days, it's common for celebrities to talk openly about their health challenges. Hugh Jackman, for example, has battled skin cancer more than once. American comedian and actor Pete Davidson has been struggling with Crohn's disease for years. But things were different in 1973 when Temple got diagnosed with breast cancer.

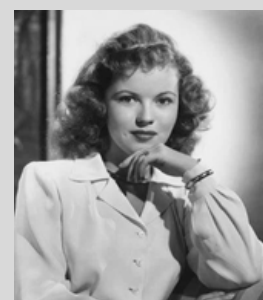
<https://www.thelist.com/487786/the-truth-about-shirley-temples-cancer-diagnosis/>

In this decade cancer was a word that was whispered under your breath and if detected you lost all control of what happened next. Shirley Temple began the change in this behaviour and placed women on the road to having involvement in their treatment plan. She was one of the first celebrities to be vocal about her opinions on her diagnosis and treatment. America's darling dared to speak openly about her disease in an era when the topic of breast cancer was taboo. Everyone remembers Shirley Temple for her cute dimples, curly hair, and incredible talent. Her iconic roles in "Heidi," "Captain January," "The Little Princess," and "Bright Eyes" still make us smile. What you may not know is that Temple was the first public figure to talk about her battle with breast cancer in a women's magazine (via Windsor Public Library). The former child actor shared her experience and encouraged women to take charge of their health. "The doctor can make the incision; I'll make the decision," said Temple.

This was extremely risky but after her surgery she insisted on holding a conference from her hospital bed. Against the surgeon's wishes, Shirley only had breast tissue removed instead of both her breasts and chest muscles. She wanted to inform other women of her decision. Horrifically at that time, quite often after the surgery, the initial diagnosis was proved to be incorrect. When this happened, the surgeons would tell you to be grateful you are cancer free and not to moan that you have had both breasts removed, alongside your chest wall and all of your lymph nodes.

The former child actor told reporters that any woman who discovers lumps in her breasts should see a doctor, according to The New York Times. "There was no reason anyone else should know, but being open about it just may help other people," she said in her interview at Stanford Hospital. Her public disclosure might have saved millions of lives.

Shirley demanded input into her treatment but it wasn't without aggravation. She was scolded for her audacity. She was a very brave woman.





A Quick Lowdown on **BREAST CANCER**



HOW TO EXAMINE YOUR BREASTS

- **Look at them** - Note any changes in size, outline or shape, puckering or dimpling
- **Feel them** - Check for any new lumps, bumps or skin thickening
- **Check your nipples** - Look for bleeding, rashes, crusting and discharge, and any change in position (e.g. sunken nipples)

Spotted something unusual?

Your GP should refer you to a specialist as soon as possible (in England this should be within 2 weeks)

BOOB PAIN is not a “common” symptom of breast cancer according to the NHS

What counts as breast tissue?

The area from your ribcage up to your collarbone and armpits

EARLY DIAGNOSIS IS CRUCIAL 98% survive for 5 years or more when diagnosed at the earliest stage

MYTHS BUSTED

USING ANTIPERSPIRANT No good evidence suggesting a cancer link say Cancer Research UK

EATING SOYA No good evidence to support this either increasing or decreasing cancer

WEARING UNDERWIRED BRA No reliable evidence to support this theory

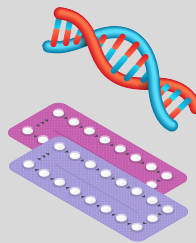
✓ Self Check Rules

- **Know your normal** : Your breasts are unique, and might change over the month
- **Make it routine**: At least once a month
- **Think where and when**: e.g. in the shower, or the first day of your period

cont.....

RISK FACTORS

- **Drinking Alcohol** - Risk increases with each extra unit per day
- **HRT** - Small risk increase for postmenopausal women
- **Being Overweight** - Especially after menopause
- **Genetics** - The genes BRCA1 and BRCA2 increase risk, and can be inherited
- **Contraceptive Pill** Causes a very small increased risk (returns to normal 10 years after taking it)



Global Breast Cancer Statistics

- In 2022, 11.6% of all cancers diagnosed were female breast cancer, making it the second most common cancer worldwide.
- In 2022, there were around 2.3 million women diagnosed with breast cancer and 666,000 deaths globally, making it the leading cause of cancer deaths among women.
- In 2022, there were 8.2 million people alive who were diagnosed with breast cancer over the past 5 years.
- In 2019, there were around 25,100 men diagnosed with breast cancer and around 12,100 deaths globally.



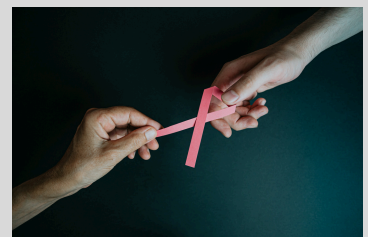
1 in 7 = How many UK women develop breast cancer during their lifetime



UK & England Breast Cancer Statistics

Incidence of breast cancer in the UK [average per year, based on 2016-2018 data, unless stated otherwise]

- There are around 56,000 new cases of breast cancer in women every year: that's over 150 cases every day (4).
- In men, there were about 400 new breast cancer cases each year (5).
- Excluding non-melanoma skin cancers, breast cancer is the second most commonly diagnosed cancer in the UK (17).
- 96% of breast cancers were in women over 40 (6).
- 18% of breast cancers were in women under 50 and 82% in those 50 or older (6).
- 24% of breast cancers occurred in women over 75 (6).
- Each year, there are around 8300 in situ breast carcinoma cases, a non-invasive form of breast cancer which if untreated may lead to invasive breast cancer (7).
- In 2021, 85% of breast cancers in women were diagnosed at stage 1 or stage 2 (early-stage breast cancer which hasn't spread beyond nearby lymph nodes) (8).



A True Story of Love Loss and Survival: 4 Sisters Battle Cancer /



4hearts 2gether 4ever Paperback – 24 Jun. 2019

by Amouraj Kellett (Author)

4.1 ★★★★★ 66 ratings

[See all formats and editions](#)



This is an account of my true experience; Just a normal girl who has a story to share with you about myself and my three sisters. All together fighting a battle with cancer. Unfortunately we don't all win. Personally at the moment I hold the sword of victory, working towards being the best version of me. Why? Because I am lucky! This, my first book is about the journey with my wonderful sisters. The Love we shared and the heartbreak we faced. It explains the choices we have to make and how, when faced with adversity we slip into survival mode. How wonderful is the gift of life. Whilst undergoing some of the most traumatic experiences, I reflect on some crazy times partying in Monaco. This book will take you through a journey that has made me a strong, resilient woman. I am a woman who is blessed with the opportunity to embrace the simple things in life along with striving to reach my potential with "mission self-reset" I hope you enjoy reading it as much as I enjoyed writing it. It has been an emotional, therapeutic project which has released in me a desire to continue writing.



Scan the QR code to purchase

Kindle eBook	£1.77 GBP
LIVE ▼	View on Amazon ▼
Submitted on December 30, 2017	ASIN: B078PRYK9Q
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Paperback	£4.93 GBP
LIVE ▼	View on Amazon ▼
Submitted on June 25, 2019	ASIN: 1976762065

How to dust yourself off and embrace the future



Take a moment for yourself

Allow yourself time and space to process your emotions. Whether you feel the need to cry, shout or be alone, that is perfectly normal and healthy.

Write down and read over your emotions

Pick a time in the day to begin creating your own emotional bank of resilience following disappointment. For example, while drinking your morning cuppa, write down how you have been feeling and reread your notes. They will form a basis for understanding how you best move on from disappointment.

Open up to people you trust

Share your disappointment with your close friends or family. Doing this can offer you reassurance that your feelings are normal and that you are not to blame for them. Just as importantly, opening up to others helps create a safe space for the people you care about to share their disappointments too.

Focus on the positives

Take a moment to be mindful of everything you're grateful for in your life right now. Focusing on the positives in the present can help you stop dwelling on the past and move on to brighter tomorrows.

Draw a line under your disappointment

When you have begun to heal, don't look back. Be mindful of the moment that you decided to move forward and congratulate yourself for leaving disappointment behind

STAY
POSITIVE

"My Top Beauty Picks: Must-Have Product for a Flawless Look"



If you are looking for a lightweight foundation at a reasonable price, I highly recommend this! I love how lightweight it feels (even on my aging skin), providing a natural and flawless finish. I use number 30 in the daytime and 40 for evening 😊 I have used all the high cost brands and I have stuck with this one for the longest time out of all of them!!

It costs £13.99 from most retail stores !!

Thank you for taking the time to read this. I hope you found it both interesting and informative. Feel free to reach out with any comments or if you'd like to share your own story.

I look forward to bringing you the next issue!

missionselfreset@gmail.com

