Mindful Breathing can help manage pain and anxiety after surgery.

Aim to practice mindful breathing twice daily for ten minutes or more! Setting a timer can help when first beginning.

1. Sit in a comfortable position
   *it may be helpful to close your eyes or to focus on an object

2. Breathe in through your nose for 5 seconds
   *it may be helpful to count in your head “1, 2, 3, 4, 5”

3. Breathe out through your mouth for 5 seconds

Keep this rhythm and focus on your breath for ten minutes.

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How to start:

• Every evening think about the people, things, or events, that made you happy that day or in the past.
• Pick one of these and spend a moment savoring it. What made it so special to you?
• Record this moment by writing it on a slip of paper. Then place this slip of paper in a container, like a box or jar.
• Store the moments in the same way each evening for 30 days.

Cash in your memories!

• The night before surgery, pick 10 memories at random to read.
• Bring yourself back to this moment in time. Think about why this moment was special.
• After surgery choose 1-2 to read when feeling uncomfortable or in need of a little joy.

Positive Daily Reflection can help manage pain and anxiety after surgery.

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