

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

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.



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