

# QUICK TIPS

## 4 things you can do in your hospital bed

Recovering in hospital can be boring. You might not feel well enough to do much or feel groggy from meds, but your mind is still active.

Here are some easy things you can do to support your body and mind in bed. You may need to avoid or modify some of them depending on your operation and what your health team says is ok.



### FOLLOW YOUR BREATH

Calm your nervous system by observing your breath. Follow it in through your nose, then out through your nose or mouth, counting backward from 10 to 0 with each exhale.

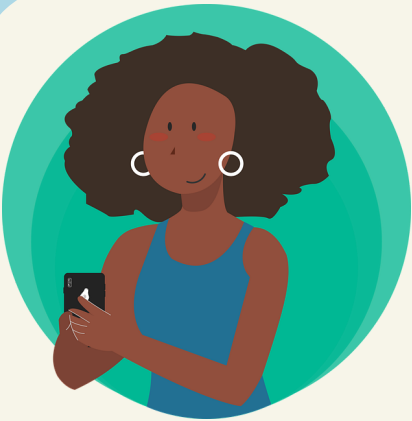
### GENTLE MOVEMENT



- Use the remote control to change the position of your bed a few times each day.
- Slowly circle your hands in one direction, then the other. Do the same with your ankles. Repeat x 2-4.
- Slowly bend one knee, then straighten it. Repeat x 2-4 on each side.
- Move your head gently from side-to-side x 2-4 times.



### MUSIC & MEDITATION



Listen to music or guided meditations. Two of my favourite apps are Insight Timer and Let's Meditate. They have guided meditations on healing, relaxation and so much more. Both have free and paid versions and they also offer calming music.



### THINK HAPPY THOUGHTS

Happiness is healing. Focus on happy times in your life - even the smallest of moments that brought you joy. Imagine them in detail. How they made you feel, what you were thinking, what they looked and smelled like, and anything else that made them special.

