



# Getting back to being you

**Looking after your mental wellbeing is key to your physical recovery.**

We know that practicing mindfulness can actually help lower any anxiety, depression and even chronic pain. Meanwhile better sleep and lower stress will also aid your recovery.

**Here are some top tips to enhance your wellbeing:**



## Focus on your breathing

Take five big breaths, deep into your abdomen. Focus on breathing in through your nose and out through your mouth, repeating the cycle three times. Repeat this technique throughout the day.



## Aim for more sleep

It may be harder to settle in an unfamiliar bed, but aim for eight hours of uninterrupted sleep to support your physical recovery and your state of mind.

Establish a routine before sleep and make sure you wind down. Perhaps listen to music, read a book, exercise during the day, if you're able. Perhaps a short walk or limb movements in bed.

While you're in hospital, just remember that our team will be in to check on you.



## Mindful eating

Take your time as you eat. Pay attention to the taste, sight and texture of what you are eating and enjoy the experience.



## Practice gratitude

Focus on what is positive in your life in the present moment. It gently brings good thoughts to our mind so that we can more easily come back into the new moment, instead of worrying about the future or past, encouraging positivity.

**Sometimes it's the little things that can make all the difference.**

- > Please let us know if you have any questions – we're here to support you in whatever way we can.
- > Please speak with your nurse if you would like to speak with a pastoral carer, social worker or doctor.

