Heal Better Feel Better

Finding calm can help you heal.

DID YOU KNOW?

Managing stress can help reduce pain and support recovery.

Let's take care of your mind as you heal!

Reduce Stress

WAYS TO MANAGE STRESS BEFORE AND AFTER SURGERY

Try these activities to ease stress and lift your spirits...

- Create a feel-good playlist and listen often
- Write a brief journal entry each day
- Express yourself through arts and crafts

GET OUTSIDE AND EXPLORE YOUR SURROUNDINGS

Spending even short periods of time outdoors can...

- Lower stress hormone levels
- Support emotional health and well-being
- Strengthen immune function



CONSIDER THIS

Sit on the porch, take a walk to a park, or even look at nature photos!

Healing looks different for everybody.

Talk with your care team about what's safe and can help you heal stronger after surgery.

Find more tips and tools at **www.heal-better.org.**

MSQC
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