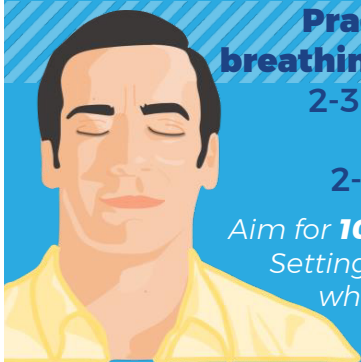


Mindful Breathing

can help manage pain and anxiety after surgery.



Practice mindful breathing twice daily
2-3 weeks before surgery and
2-3 weeks after!

Aim for **10 minute** sessions.
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 close your eyes or to focus on an object*

3

Breathe out through your mouth for 5 seconds

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



BAY REGION

Positive Daily Reflection

can help manage pain and anxiety after surgery.

In the weeks leading up to surgery:

- 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, jar, bowl, or piggybank.
- Store the moments in the same way each evening.

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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