

self-care: before surgery

Use the boxes on the next page to write down self-care activities that you can do while you prepare for surgery. Here is an example of what could be in your boxes:

social

- Make a big dinner with my friends every Wednesday
- Do crafts, like zines, art projects, etc.
- Go to the movies

spiritual

- Visit temple
- Journal
- Attend sweats
- Write myself encouraging notes to read after surgery
- Meditate while sitting

emotional

- Clean my house Friday night
- Go to counselling
- Play guitar

physical

- Have a hot bath
- Swim
- Hike
- Have a massage

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physical