

self-care: after surgery

Use the boxes on the next page to write down self-care activities that you can do while you are healing from surgery. Be sure to keep activity restrictions in mind. Here is an example of what could be in your boxes:

social

- Book social visits in advance
- Go for a picnic
- Go out for tea/meals with friends
- Do crafts, like zines, art projects, etc.
- Watch movies with friends
- Phone & video chat hangouts

emotional

- Go to counselling
- Read notes I wrote to myself before surgery
- Listen to music, look at art, light candles
- Lie outside & watch clouds
- Ask for help with chores & errands

spiritual

- Visit temple (someone drives me)
- Journal
- Speak with elders
- Smudge
- Sit quietly in nature
- Meditate while reclining or lying down

physical

- Use a hot cloth on my face, neck and shoulders
- Eat meals I made in advance
- Go for a walk every day
- Diffuse essential oils

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social

emotional

spiritual

physical