



ENGAGE

Identify activities that you find enjoyable and are within your current physical capabilities. Try to engage in activities that bring you joy and distract you from pain or discomfort.

SPEND TIME IN NATURE

If possible, spend some time outdoors. Even a short time spent in a garden, on a balcony with plants, or a gentle walk in a park (if your physical condition allows) can elevate your mood.

4 THINGS TO HELP LIFT YOUR SPIRITS AS YOU RECOVER

REACH OUT

Reaching out to friends and family or to our support group can provide a significant emotional lift. Sharing your thoughts and feelings with people who care about you can be incredibly comforting.

PRACTICE MINDFULNESS

Mindfulness practices, such as meditation and deep-breathing exercises, can help reduce stress, anxiety, and pain perception.