

# Mindful Breathing

can help manage pain and anxiety after surgery.



Aim to practice mindful breathing twice daily for **ten minutes** or more!

*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 count in your head "1, 2, 3, 4, 5"*

**3**

**Breathe out through your mouth for 5 seconds**

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

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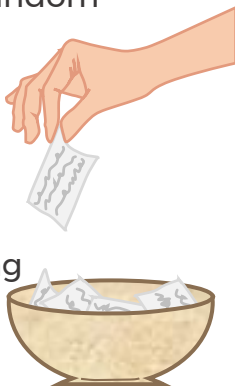
# Positive Daily Reflection can help manage pain and anxiety after surgery.

## How to start:

- 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 or jar.
- Store the moments in the same way each evening for 30 days.

## 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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