

POSITIVE DAILY REFLECTION

CAN HELP MANAGE PAIN AND ANXIETY

How to start:

Think about the people, things, or events that have made you happy. Pick one of these and spend a moment savoring it. What made it so special to you?



Record the moment! Do this for as many pleasant memories as you can. It can be fun to write them on paper and collect them in a container.

Continue storing these special moments until you have a collection to reflect on!

Reflect on your positive memories:

When you are feeling pain, or you are in need of joy, choose a memory to read. Bring yourself back to that moment in time. Think about why it was important to you.



Use your memory collection to prepare for surgery by calmly reflecting on your favorite happy experiences.

NON-MEDICATION PAIN MANAGEMENT



OPEN is partially funded by the Michigan Department of Health and Human Services
<https://doi.org/10.56137/OPEN.000036>

Updated 03.2024

[MICHIGAN-OPEN.ORG](https://michigan-open.org)

OPEN

Prevention. Treatment. Recovery.

DISTRACTION

CAN HELP MANAGE PAIN

Keep your mind off of pain. Try these techniques!

Watch a video or TV



Discuss topics not related to the hospital or your procedure such as your favorite memories with a friend or loved one



Play a favorite game such as a board game, card game, or video game



Listen to music

Read a book



MINDFUL BREATHING

CAN HELP MANAGE PAIN



Aim to practice mindful breathing two times a day in 10-minute sessions. Setting a timer can help when first starting.



Breathe in through your nose for five seconds —counting in your head “1, 2, 3, 4, 5.” As you breathe in, remember to focus on the areas of your body where you feel pain or discomfort.



Breathe out through your mouth for another five seconds — “1, 2, 3, 4, 5.” Imagine the pain leaving your body each time you breathe out.

Use these strategies at the same time as medications recommended by your doctor to manage pain. They can also be applied to life experiences beyond the hospital setting and surgery. Scan code for more information.

