

HYSTERREADY

Idea list: relaxation

The run-up to surgery can be stressful.... even just thinking about surgery can be! Here are some ideas for things you can try to help you relax. (Need more info? Check the articles and e-courses on www.hysterready.com!).

1. Take a bath

A classic way to relax. Use candles for a more relaxing atmosphere, and treat yourself to some bath salts or bubble bath with a relaxing scent.

2. Make a relaxation space

Maybe in your bedroom or a spare room. Light some candles, dim the lights, put on some relaxing music, and just lie or sit and relax. Take a little 'me' time!

3. Try essential oils

These are known to have relaxing properties. You can get electric diffusers or candle warmers, or even jlockets that can hold the scent. Lavender, rose, chamomile and ylang ylang are all good.

4. Get out into nature

We humans were designed to be in nature, but these days we live in cities and stay in our houses and cars. Find some nature near you (woods, the beach, a park, even your garden) and just 'be' in it :-)

5. Take up a craft

It doesn't matter if you're not an arty type, this is just for you! What about drawing, knitting, jewellery-making, sewing? Take a look on Pinterest for ideas - there is a Hysterready pinterest page!

6. Meditation

I know, it sounds a bit 'woowoo' but it actually works. Start by sitting quietly for 5 mins a day, trying to empty your mind. There are some great free apps available.

7. Yoga

Don't worry about being perfect, just enjoy the process. Join a class, or follow free videos on YouTube (I'd recommend Yoga with Adriene).

8. Exercise

Any physical exercise can help improve your mood; choose something you like, even just going for a short walk can work wonders.

9. Disconnect

From the internet! Dipping in and out of Facebook etc. as been shown to be bad for our mental health, you'll feel better if you limit your screen time.