

Using Guided Imagery & Affirmations To Prepare for Surgery and Recovery

Studies have shown that using mind-body techniques, such as **guided imagery** and **affirmations**, can help you better prepare for surgery, experience less discomfort after surgery and recover more quickly. Guided Imagery helps you tap into your body's own natural ability to heal by visualizing a positive surgical experience. Affirmations complement this approach by using statements that help you feel more in control and may focus your attention on pain reduction and healing.

Use this tip sheet to guide you through our 2-track pre-surgery podcast series, available **free** at www.HillPhysicians.com.

How to Use this Podcast Series

Outside of the Hospital

Step 1: Begin with our podcast, *Preparing for Surgery: The Mind-Body Connection and Healing* one or more times a day for several days. This will help you understand how the mind-body connection works and assist you in preparing for surgery by creating a relaxed state in your mind and body. When you are comfortable with part one, you can begin using part two, *Healing from Surgery*.

Step 2: Listen to the second podcast, *Healing from Surgery, Guided Imagery and Affirmations for Surgery and Recovery*, one or more times a day on each of the days leading up to surgery and after surgery, until you feel you have completed your recovery.



In the Hospital

If you have a personal playing device, such as an MP3 player (i.e. Ipod), listen to the podcasts with headphones while waiting for surgery, during surgery (if your surgeon allows*), and, if possible, in the recovery room after surgery.

Deep Relaxation will help you achieve the best possible outcomes from surgery and recovery. Practicing mind-body techniques such as guided imagery and affirmations will help you create deep relaxation. Here are some tips to ensure success:

- Find a **quiet, relaxing place** to practice.
- Set aside **15-20 minutes of uninterrupted time**.
- **Be comfortable!** Sit or lie with your arms and legs uncrossed and your feet and hands resting at ease.

Learn More...

Listen or download our **Preparation for Surgery and Recovery: Guided Imagery and Affirmations** audio podcast for free at www.HillPhysicians.com where you can also find more audio and video podcasts on a variety of health topics. Visit us frequently to take advantage of new offerings designed to help you relax, manage stress, and achieve balance in mind and body. Our website also offers recipes, health tips, and tools to help you manage your health. To stay up-to-date on this and other health topics, register for **Hill HealthE-news** at www.HillPhysicians.com/Subscribe. For more information and health resources on this topic and others, contact **Member Health Improvement** at (800) 445-5747 or health@hpmg.com.