

Healthy healing after injury or illness

Recovery from injury, illness or surgery can be a difficult and lonely time. Your experience may start with a hospital stay with lots of helpful people around. But that company and assistance may end when you go home. The good news is that there are ways to make your recovery easier and more healthy. This can also speed your healing.



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Quick facts on healthy healing:

1 Recovery from surgery or injury means following the advice of your health team. That may mean taking it easy for awhile and getting extra sleep. You might be advised to start doing physical activities, such as light walking or stretching.



2 Your mental and emotional healing journey is also important. Connect with others through visits, emails and video calls. Family and friends can help you feel less alone.

5 Seek out peer support. The people who can best understand how you are feeling are often the ones who are going the same things. Ask your health team if there are

any local or online support groups they recommend.

3 Pick up a pen or a keyboard. Writing about your personal thoughts and feelings can improve your mental health during recovery time.

4 Allow yourself to slow down a little. Take time to watch a favorite movie, read a book or listen to music. Focus on healing, not worries.



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