

# Headlines for Healing

## What you can do to help speed your recovery

### **“Relaxation Reduces Stress and Improves Healing”**

‘Take a deep breath in and let it out three times longer, as you relax and focus of slow and easy breathing...’

### **“Smoking Delays Recovery”**

Not to mention other bad things...

### **“Opioids or Pain Killers Can Actually Make Pain Worse”**

Not to mention constipation...

### **“A Good Night’s Sleep Can Help Pain and Healing”**

Just like in Goldilocks and the Three Bears: not too much, and not too little, just right!

### **“What You Think Matters: Positive Thinking is Associated with Better Health, Less Pain”**

### **“Catastrophizing Makes Everything Worse, FOREVER!!!”**

### **“Wash your Hands!”**

### **“Eat a Healthy Diet: Give your Body the Nutrients it needs”**

### **“Get out of Bed and Move: Don’t Wait until You ‘Feel like it’ ”**