

## *Here are some helpful suggestions:*



## **ANXIETY**

It is natural for anyone coming into the hospital, regardless of the reason, to feel anxious.

How you feel about your illness can influence how you cope with your hospitalization.

A simple breathing exercise can help you cope when you are stressed:

While sitting or lying down close your eyes and breathe in slowly. Focus your attention on slow, relaxed breathing. Inhale for a count of 4 seconds and feel your stomach expand. Then exhale for 4 seconds and your stomach goes down. As you practice this you will notice that it becomes more and more effective. Take ten deep breaths whenever you feel tense or anxious. This can be especially helpful before, during and after medical procedures.



**R**

### ***Remember to breathe***

One of the simplest ways to help us relax when we are feeling anxious is to breathe deeply and slowly.

**E**

### ***Explore your supports***

Select someone to be an advocate for your emotional health. Look in to other supports that might be available to you.

**L**

### ***Let yourself experience the emotion***

It is normal to have a whole range of feelings. It is better to express them than to have them build up.

**A**

### ***Ask questions***

Knowledge is power. Remember it's your body and your illness; you have a right to understand what's happening.

**X**

### ***Exercise***

Physical activity always provides relief from stress. Go for a walk. Get some fresh air. Keep moving.

**A**

### ***Allow yourself to laugh***

Let humour help you keep your perspective on life!

**T**

### ***Talk it out, write it down***

Discuss your concerns with your family, friends and health care providers. Sometimes writing down your thoughts can help.

**I**

### ***Imagery***

Close your eyes and picture a comfortable and safe place.

**O**

### ***Opt for optimism***

Positive attitudes have the power to decrease stress. Practice positive self-talk.

**N**

### ***Negotiate your needs and goals***

It is important that your family, friends and health care providers understand what your wishes are.