

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’ ”