

# Post Operative Comfort

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Listen to this and allow yourself to feel totally relaxed. Calm patients feel happier and tend to respond to surgery much better, healing faster and more comfortably. Going into hospital can be a nerve wracking experience. Many find they are uncomfortable with the idea, even though they logically know that they should be able to feel confident. When you feel apprehensive about going into hospital, then you can actually make yourself feel more ill than you were in the first place. Or worse, avoid going into hospital to avoid the stress and become more ill because you are not being treated. All because you are feeling anxious about being in a place that is, when you need to be there, essentially a safe and good place to be. Listening to this recording in the days leading up to your surgery, will encourage you to feel relaxed, happy and confident while you prepare for surgery and will promote comfort and rapid healing after your operation. Tip: the human mind can only think of one thing at once. So if you are feeling any discomfort find the place in your body that feels most comfortable and focus on that. This takes the emphasis off the area that is hurting, and stops you from creating any more discomfort in the area as a result of tension. People who use this recording find they are relaxed and confident before their surgery and feel calmer and more able to relax easily after the surgery. One client who used this recording was asked by the anaesthetist if she was pleased to be there, as she looked rather happy. It's only a small change that is needed to make a big difference. The background music we use on each recording is especially scripted at 60 beats per minutes to ensure deep relaxation. This will generate what is commonly referred to as the 'Mozart effect' of easy focus and complete calm. Please do not listen to the recording while driving or operating heavy machinery.

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