

my 
wellbeing
space



**Online
Prehabilitation
Course**

What is prehabilitation (prehab)?

Making small changes to your lifestyle, can make a big difference to the way you respond and recover from treatment. Prehabilitation (or 'prehab') involves getting ready for your treatment. It can help you cope with treatment and make a quicker recovery.

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Getting Ready for Treatment or Surgery (Prehabilitation) Worksheet

It can be helpful to think about how you will get the most from this course. Please take some time to think about and answer the following questions:

What's my motivation?

Having heard about some of the benefits, what would you say are your 2-3 main reasons for engaging in a prehabilitation programme?

Main Reason 1

Main Reason 2

Main Reason 3

What does success look like?

Imagine you have engaged in a prehabilitation programme

**How will you know if the course has been successful?
What changes might you make?**

Key tasks for getting the most from the course

Here are some things other people find helpful when doing a prehabilitation course. Tick the ones you feel will help you get the most from your prehabilitation.

Watching all the videos	Practising the recommended exercises
Completing the worksheets	Scheduling time each week for the course
Talking to someone else about the course	

Can you think of anything else you need to do to get the most from your prehabilitation?

If so, write it down here:

Obstacles

Think about some of the things which might get in the way of you engaging in prehabilitation. Write those things in the left-hand column and use the right-hand column to list how you might overcome these barriers.

Possible obstacle	What I need to do
<i>e.g. It's raining and so I can't walk outside</i>	<i>Do some exercises indoors</i>

My 'Team'

Prehabilitation can be a team effort. Give some thought to who can help you be successful and what you might want from them.

Name of person who can help me	What I want from them
<i>e.g. Partner</i>	<i>To join in the exercises with me</i>

Physical Activity Introduction and Relaxation Practice Worksheet

Thank you for listening to Session 1. We explored the importance of physical activity, relaxation and encouraging positive emotions by noticing what went well each day. Having heard from our experts, how might you put some of the things you learned into action in your own life?

Physical Activity

**What am I going to do to become more physically active?
How often will I do this?**

Relaxation

What am I going to do to help me relax, e.g. practise the body scan exercise?
How often will I do this?

Noticing What Went Well

What went well in the previous 24 hours, however small?

Eating for Wellness Worksheet

Thank you for listening to Session 2. We explored the importance of eating for wellness and completed a breathing exercise to improve wellbeing and aid relaxation. Having heard from our experts, how might you put some of the things you learned into action in your own life?

Eating for Wellness

What changes am I going to make to my diet to improve my health and wellbeing?

Box Breathing

What physical and psychological changes will I notice if I practise the box breathing exercise?

Stress Management and Mindfulness Techniques Worksheet

Thank you for listening to Session 3. We explored the importance of looking after yourself and options for practising mindfulness. Having heard from our experts, how might you put some of the things you learned into action in your own life?

People respond to stress differently

How does stress tend to affect you? What do you notice?

If you engaged in the guided mindfulness exercise, how did it go? What did you notice?

Reducing stress and improving wellbeing

What am I going to do to reduce my stress levels?

Exercising at the Right Level and Tai Chi for Wellbeing Worksheet

Thank you for listening to session 4. We explored the importance of exercising at the right level, how Tai Chi can contribute towards wellbeing and the importance of cultivating the positive emotion of gratitude. Having heard from our experts, how might you put some of the things you learned into action in your own life?

Exercising at the Right Level and Thai Chai for Wellbeing

What exercises will I do to become stronger, fitter and healthier?

Appreciation and Gratitude

What things do I appreciate and feel grateful for?

Mood and Food, Myth Busting and Relaxation Practice Worksheet

Thank you for listening to Session 5. We explored the relationship between mood and food, the risks of fad diets, progressive muscular relaxation and self-compassion. Having heard from our experts, how might you put some of the things you learned into action in your own life?

Mood, Food and Relaxation Practice

What impact does my mood have on what I choose to eat and drink?

How will I feel when I practise relaxation?

What changes will I notice when I am compassionate towards myself?

Improving Sleep Worksheet

Thank you for listening to Session 6. We explored the importance of sleep for physical and emotional wellbeing, along with practical steps for improving sleep quality. We also explored some of the benefits of increasing our contact with nature. Having heard from our experts, how might you put some of the things you learned into action in your own life?

Improving Sleep and Connecting with Nature

What changes will I make to improve the quality of my sleep?

What things will I do to increase my contact with nature?