

# HEALTHY MIND

**We all know about the benefits of keeping our body healthy but we aren't always as good about knowing what to do to keep our mind healthy.**

Recovering from stoma surgery can be mentally as well as physically tough, especially if your surgery has been done as an emergency. Normal everyday things can sometimes seem insurmountable in the early days. That's why it is important to take time to relax and to make sure that you are both mentally and physically recovered before you look to go back to work/education etc. However well you adapt to living with a stoma it's still okay to have down days. To think "Well, why me?" You might have woken up in the night with a leak or just be having a run of sore skin. All of these things can make you feel fed up. Everyone has down days, stoma or no stoma, but having some tools to help your mood and your mental health can make a big difference.

It's important to remember that you can allow yourself to have down days. You've been through a lot, and even if you have accepted your stoma and are "loud and proud" about it, it's still okay to have a day when you'd really rather not have it. That's a perfectly normal feeling and you shouldn't feel guilty about it. If you find yourself having more bad days than good then do talk to your stoma care nurse or your GP. They will have helped many people recovering from stoma surgery and will be able to put you in contact with people and organisations that can help.

**Keep in touch:** remember to talk to those around you. Whether that's face to face, or by phone, text or email.

**Talk about your feelings:** talking about how you feel can help you keep in good mental health and help you when things get difficult.

**Keep active:** exercise can help you concentrate and help you sleep better. Exercise also keeps your brain and your other vital organs healthy.

**Eat well:** your brain needs the right nutrients to stay healthy. A diet that is good for your physical health is also good for your mental health.

**Ask for help:** if you find yourself struggling then talk to someone. If you don't want to talk to someone you know then you can talk to your stoma nurse, or GP, or speak to one of the mental health charities.

**CLICK HERE FOR YOUR  
FREE SAMPLE**

