

....and Coming Home Again

[Please know that, while coming home from hospital is a major transition, you are now at the beginning of the real healing process. I offer the following from my own experience, and trust some may be of assistance and support to you.]

Acceptance

This may be a challenge for those of you who are fiercely independent, however I do urge you **to accept** all offers of help and assistance whether from organisations or individuals. People are inherently kind, so please allow yourself to receive the kindness of strangers as well as friends! Remember: when you accept (receive) offers of assistance, you are allowing others to be of service.

Please **accept** that your healing will simply take the time it takes. So, remember to be kind and patient with you (and your body) as you both go through the process. **Accept** that your energy levels will be surprisingly low when you first get home — this is because your energies are being diverted to deal with the shock and trauma of your hospital visit, as well as being directed to your healing.

Accept that you will initially need to re-learn how to do the simplest tasks. Make it a game in which you devise strategies for achieving what you need to do.

Rest

Your body will ask/need you to rest often. If that includes sleeping, then know that each time you wake some more healing has taken place at subtle levels. Be assured your energies will return, little by little....

You may well find yourself feeling drained by being around other people, including visitors. Feel free to ask them to respect your needs and to come back another day. You'll find too that being out and about will feel so good, but initially even going out for a coffee can be exhausting. And please do your best to avoid the shops and the malls until you know you are ready!

Patience

*One day at a time....*each day is different, with returning energy levels and being able to do more— milestones (like the first time I drove the car - yeaay!) you will want to celebrate with Delight, and find Joy in the small 'victories'. The other side of this coin is you will need to be aware of not 'getting ahead of yourself'.

Be kind to you

Please know that there will be days (or parts of days) when you feel really good and as if you're making great progress. And then there are other days (or parts of days) when you can feel as if you've taken one step forward and 26 steps back. This is all very normal, so when you do feel a bit 'down', just relax and be kind to you (rest and a cuppa can work wonders!). Rejoicing in each improvement (no matter how small) is important too.

If you find your memory is not as sharp as it was before you went into hospital, please know this is quite normal while your entire system copes with the shock and trauma of the 'event' and the healing. So again, be kind to you and your memory because it will come back (making lists may help too). As well, you may find you don't make decisions/choices as easily as you used to...this too will return.

People will want to know what happened

Whether it's because they don't know what else to say, or because they want to offer sympathy or kindness (or so it will give them an opportunity to talk about the drama of their own incidents/operations/accidents – watch how often that happens!), please find a kind way to divert the conversation; every time you talk about what 'you did' or 'what happened', it keeps the memory alive in your cells and slows your complete healing.

Instead, you could say something like 'I was in an accident—and I'm healing really well. Thank you for asking.' If they ask for more detail, you can simply smile and say 'I don't want to talk about it. Let's change the subject completely....how are you? What's happening in your life?'

Finally....

Please remember: at some deep level, you are NOT the same person you were before you went into hospital. Something fundamental about you will have changed. It may be very subtle but you may find yourself being kinder, more patient, more open-hearted. However this change manifests itself, please allow yourself the wonder of being surprised and delighted (and humbled) at who you are becoming.