

# ILLNESS

## A SURGERY IS COMING CLOSER?



YOU CAN IMPROVE YOUR SITUATION  
HERE IS HOW

**MIND SKILLS BY LEIF**  
THE BETTER WAY TO A BETTER LIFE

# YOU CAN INFLUENCE IT



From a Harvard Health published study on Mind skill training:  
*“People **used considerably less health care services** in the following year ..  
**reduced by 43%**”*

**Mind Skills** are the useful skills your Mind can learn to perform. I can show you how to learn and optimize them for you.

Many doctors tell me *“I wish I had more time to care for people, but I simply don’t have the time”*

This document can provide valuable support, so please feel free to share it and to reach out to me. I am here to help.

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# REAL SCIENCE - FOR YOU

## Science-Based Strategies for Better Recovery

The techniques presented here are backed by scientific evidence. The supporting studies are [linked](#) below and throughout the document.

✓ Research shows that Mind Skill Techniques such as resilience training and accessing useful states of Mind can improve surgical outcomes and speed up recovery.

([Harvard Health](#))

✓ Further more mental training, including visualization and stress management, enhances surgical performance and reduces stress—for both patients and surgeons.

([Link](#)).

✓ The Centre for Perioperative Care recommends physical activity, a healthy diet, and relaxation techniques to prepare for surgery and recover faster. ([Link](#)).

When facing a serious illness, there are **several ways to positively influence** a good outcome beyond medication and surgery.



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# REAL SCIENCE - FOR YOU

## 1. Nutrition and Diet

- A nutrient-rich diet supports immune function and energy levels.
- Anti-inflammatory foods (e.g., leafy greens, berries, turmeric, fatty fish) may help reduce disease-related inflammation.
- Balanced protein intake supports healing and strength.
- Limiting processed foods and sugar can help manage conditions like diabetes and cancer progression.
- The Mediterranean diet (rich in healthy fats, fiber, and antioxidants) is linked to better outcomes in heart disease, cancer, and neurodegenerative conditions  
[Harvard Health](#), [Frontiers in Nutrition](#).

## 2. Physical Activity (If Possible)

- Regular light to moderate exercise (e.g., walking, yoga, stretching) improves mood, cardiovascular health, and immune response.
- Strength training can prevent muscle loss in chronic conditions and improve stamina.
- Physical activity is associated with better cancer survival rates and improved metabolic health [American Cancer Society](#), [Mayo Clinic](#).



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## 3. Stress Management & Emotional Well-being

- Mind Skills Training (MST) can help navigate the complexities of illness and recovery, reduce stress hormones, and promote authentic helpful behavior, creating improvements of >80% ([Frontiers in Psychology](#)).
- Journaling or creative outlets (art, music) can improve emotional resilience.

## 4. Sleep Optimization

- 7-9 hours of quality sleep is crucial for immune function and cellular repair.
- Sleep hygiene (dark room, no screens before bed, consistent schedule) can enhance sleep quality.
- Addressing sleep disorders (like apnea) can improve energy levels and treatment tolerance [National Sleep Foundation](#)

## 5. Social Connections & Support

- Having strong social support from family, friends, or a community is linked to better health outcomes. The basis for this are also learnable skills
- Studies show loneliness increases mortality risk, so maintaining relationships is essential [Johns Hopkins Medicine](#)
- A study indicate that **women** are **more likely to be abandoned**, than men during serious illness ([ScienceDaily](#)).



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## 6. Mindset & Purpose - All MST based

- A hopeful, goal-oriented mindset can boost resilience.
- Spiritual practices (if applicable) or finding a sense of purpose can improve mental well-being.
- Positive visualization and gratitude may enhance emotional strength and stress resilience [Harvard Mind-Body Medicine](#).
- *"People who completed a resiliency-boosting program .. used considerably less health care services in the following year .. **reduced by 43%**"*

## 7. Environmental and Lifestyle Adjustments

- Reducing toxins (e.g., smoking, alcohol, excessive pollution exposure) supports better recovery.
- Sunlight exposure (Vitamin D) is beneficial for immune health and mood.
- Cold therapy (like ice baths) and sauna use may help in some chronic conditions by reducing inflammation [VeryWell Health](#).

## 8. Complementary Therapies (Evidence-Based)

- Mind Skills Training (MST) can help against a multitude of elements, including pain and nausea (e.g., in cancer treatments)
- Massage therapy can relieve pain and improve circulation.
- Music therapy and art therapy can enhance mood and cognitive function.
- Breathing exercises (like diaphragmatic breathing) can help with anxiety and lung health.



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# REAL SCIENCE – FOR YOU

## Bringing it all together for your benefit

A multifaceted approach combining good nutrition, movement, sleep, emotional well-being, and social support can greatly improve outcomes, even with a serious illness.

While **medication and medical treatments remain essential**, the strategies outlined here can enhance resilience and quality of life.

## The right foundation for YOU

To get the best from all these elements, **your mind needs to support you** Making changes in lifestyle can be challenging, but Mind Skills training can make it easier.

How? By adjusting the training **uniquely** to you and your life.

## Making sure you are taken care of and get the best results



MIND & MOOD

## Train your brain

February 15, 2021

*Practicing a new and challenging activity is a good bet for building and maintaining cognitive skills.*

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# USEFUL STATES OF MIND

BEING ABLE TO GO INTO THESE STATES, WHENEVER USEFUL, HELPS YOU PREPARE BETTER AND RECOVER BETTER FROM SURGERY

**Useful Optimism**

**Calmness**

**Useful Focus**

**Acceptance**

**Hopefulness**



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# USEFUL STATES OF MIND

## Useful Optimism

**Why It's Helpful:** Combines realistic acceptance with proactive belief, enhancing resilience and reducing stress response.

## Calmness

**Why It's Helpful:** Reduces anxiety, helps stabilize heart rate and blood pressure, and supports easier anesthesia induction

## Useful Focus

**Why It's Helpful:** Maintaining focus on what is useful helps you stay engaged in pre-surgical preparation and post-op care routines, which is crucial for better outcomes



## Acceptance

**Why It's Helpful:** Promotes psychological flexibility, reducing resistance to the situation and decreasing stress.

## Hopefulness

**Why It's Helpful:** Encourages resilience, improves overall mood, and has been associated with improved post-surgical outcomes.

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# THE NUTRITION

SUPPORTING THE ACCESSABILITY OF EACH  
STATE OF MIND

## Positive Optimism

Omega-3 fatty acids, B Vitamins, Magnesium

## Calmness

Chamomile tea, L-theanine from green tea, complex carbohydrates

## Focus

Protein-rich foods, antioxidant-rich foods, and caffeine for enhanced cognitive function



## Acceptance

Tryptophan-rich foods (e.g., turkey, eggs), Vitamin D from sunlight, leafy greens to support mood regulation.

## Hopefulness

Vitamin C, Zinc, healthy fats such as those from avocados and olive oil.

## MIND SKILLS BY LEIF

PS I DO NOT SELL ANY OF THESE, BUT MOST CAN BE FOUND ONLINE OR IN A LOCAL SHOP

# CUSTOMIZING YOUR JOURNEY

**Each individual's needs are unique.** A tailored approach yields the best outcomes.

**This guide serves as a foundation.** Your journey is unique, and these evidence-based strategies can be tailored to support your specific needs before and after surgery.

## Useful States of Mind

Each of them must be optimized to serve YOU.

This requires practice, and a good introduction for your best results.

**I can guide you through it** and you can ask all the questions you might have. I am here for you.



## Individualize it

Foods like walnuts and almonds may be beneficial for their omega-3 content but unsuitable for someone with a nut allergy.

Similarly, relaxation techniques vary in effectiveness; some people benefit from deep breathing, while others prefer visualization.

Embracing this individuality ensures that we find ways to truly support you.

**MIND SKILLS BY LEIF**

**NOW**

YOU CAN IMPROVE YOUR HEALING AND RECOVERY



Based on this document you now have **the ability to positively influence** your experience, even during challenging times.

By using scientifically-backed techniques, you can improve your mental outlook, adapt your thinking, and engage actively with the healing process.

These practices are supported by research in psychology and healthcare.

They are proven to help individuals stay calm, focused, and improve recovery outcomes.

**If you would like support I can show you how to get the best from them.**

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FEEL FREE TO READ MORE OF THE SCIENCE HERE  
STAYING INFORMED IS **A GOOD THING**

01 [Useful Optimism: Health Psychology](#)

02 [Omega-3: NIH](#)

03 [B Vitamins: PubMed](#)

04 [Magnesium: Harvard Health](#)

05 [Mentale Ruhe: Link](#)

06 [Chamomile: SciTechDaily](#)

07 [L-theanine: NCBI](#)

08 [Complex Carbohydrates: Harvard Health](#)

09 [Fokus Benefits: Frontiers in Psychology](#)

10 [Protein & Fokus: NCBI](#)

11 [Antioxidants: NIH](#)

12 [Caffein: PubMed](#)

13 [Acceptance benefits: Insights](#)

14 [Tryptophan: HealthLine](#)

15 [Vitamin D: NIH](#)

16 [Leafy Greens: NCBI](#)

17 [Having hope: NCBI Link](#)

18 [Vitamin C: NIH](#)

19 [Zinc: PubMed](#)

20 [Healthy Fats: UCLA](#)

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# I AM HERE FOR YOU – PERSONALLY

ME, WORKING WITH YOU



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**LEADING MIND SKILLS TRAINER & MENTAL HEALTH ADVISOR**

PERSONAL STORIES AND MORE RESOURCES [HERE](#)