



TLC Services

Tools for Everyone

Title	Description	Author	Date
Meditation for Surgery	Prepare for your surgery or medical procedure with this guided meditation.	Insight Timer: Abigail Morrissey Riordan	2/16/2024
Guided Meditations to Promote Successful Surgery, Affirmations and other resources	Guided imagery audio recording for surgery preparation to lower pre-op anxiety and pain and speed up healing,	Belleruth Naparstek, AM, ACSW, Healing Works Foundation	2/16/2024
Meditation to relax before and after surgery	Advice from a surgeon about how to relax and ease nervousness about surgery.	Mount Sinai Today	9/1/2012
A Positive Attitude can Protect Your Memory	Here's how to improve your outlook as you age	Erin Prater, published in Fortune	13-Apr-23
Anxiety Tips	Tips to help with an anxiety attack	Unknown	5-Feb-20
Click here to view/print the document.			
10 Warning Signs of Alzheimer's	A worksheet to keep track of your concerns so you can discuss them with a friend, family member or doctor	Alzheimer's Association	11-Jun-20
Click here to see the document.			
Self-Care Assessment	To help you learn about your self-care needs by spotting patterns and recognizing areas of your life that need more attention.	TherapistAid.com	16-Jul-20
Click here to view/print the document.			

Need stress relief? Try the 4 A's	When stress weighs you down, try the 4 A's: Change the situation (Avoid or Alter) or the way you view it (Accept or Adapt).	Mayo Clinic Staff	16-Jul-20
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Self-Care Action Steps	This worksheet helps you take action on specific things you might do to take better care of yourself.	Bonnie Hovel, LCSW	16-Jul-20
Click here to see the document.			