



The Revive Project

WAITING ROOM
WORKBOOK

Because you've got this.

QUESTIONS FOR MY CARE TEAM

Knowing that you have a list of questions to refer to can help alleviate anxiety about the appointment. Writing down questions helps you clarify your thoughts, helps you communicate effectively with your care team, and helps ensure that all your concerns are addressed.

Positive affirmations

I am worthy of:

I trust:

I radiate:

I am grateful for:

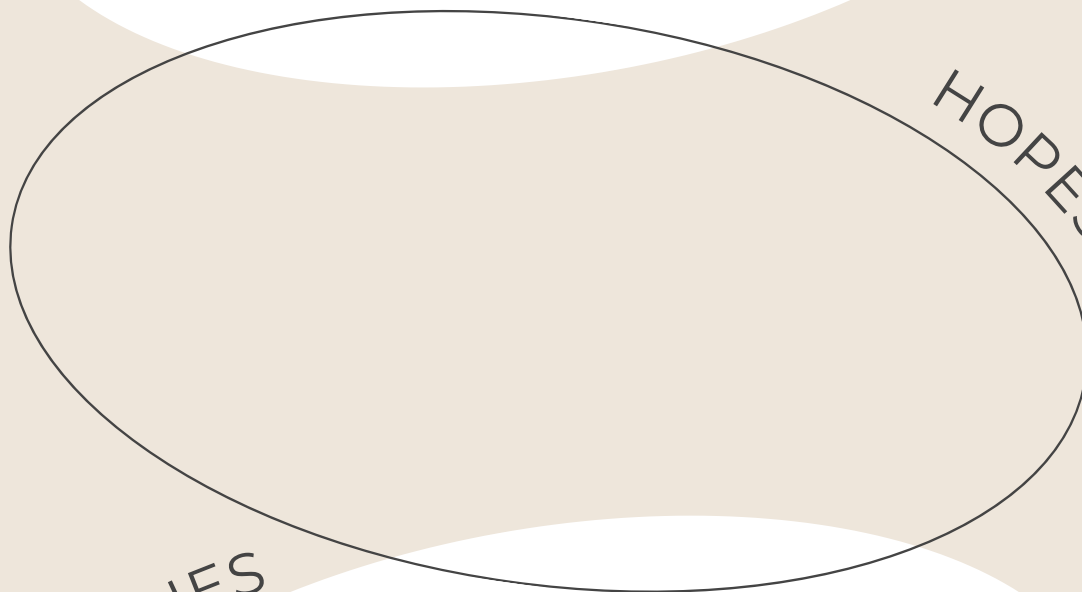
Reflecting on fears, hopes, boundaries

TAKE A MOMENT TO REFLECT ON ANY CONCERNS OR ANXIETIES YOU MAY HAVE ABOUT YOUR HEALTH OR THE APPOINTMENT, YOUR ASPIRATIONS AND WHAT YOU HOPE TO ACHIEVE, AND ESTABLISH BOUNDARIES OR LIMITS REGARDING YOUR COMMUNICATION NEEDS, OR ANY OTHER RELEVANT ASPECTS THAT WILL HELP YOU COMMUNICATE WITH YOUR CARE TEAM

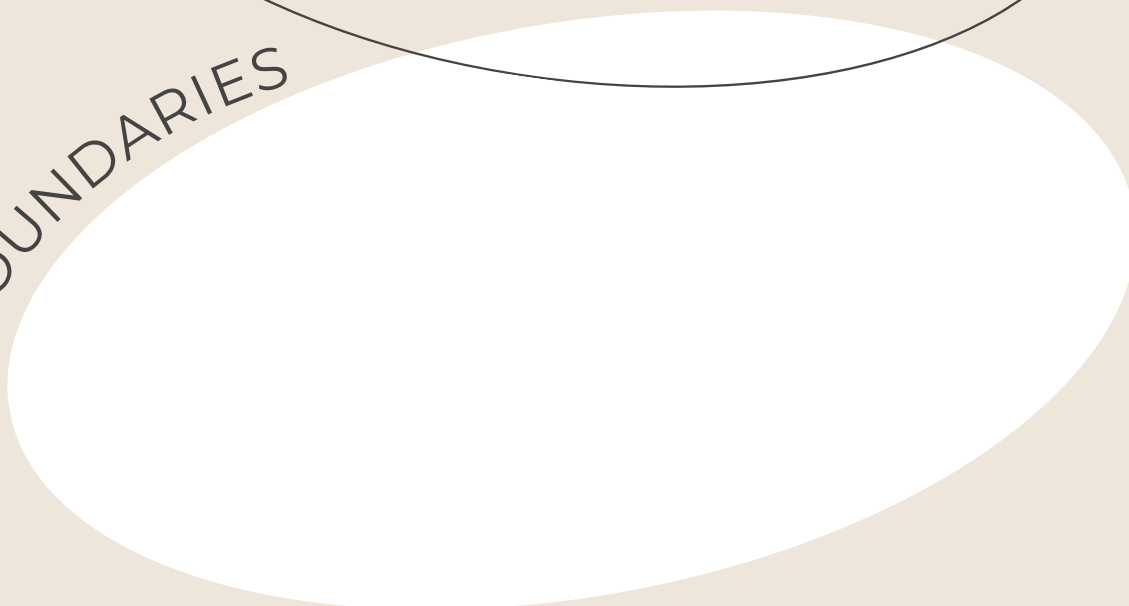
FEARS



HOPES



BOUNDARIES



5,4,3,2,1 ...

STAYING PRESENT

This grounding exercise engages each of your senses, helping you stay calm, centered, and feel more connected to the present moment.

WRITE DOWN 5 THINGS YOU CAN SEE

WRITE DOWN 4 THINGS YOU CAN HEAR

WRITE DOWN 3 THINGS YOU CAN FEEL

WRITE DOWN 2 THINGS YOU CAN SMELL

WRITE DOWN ONE THING YOU CAN TASTE

A LETTER TO

Future You

Imagine yourself a few months from now, looking back on your experience today. Write a letter to your future self, expressing your hopes, fears, and aspirations. Consider what advice you would give yourself, what words of encouragement you might need to hear, and how you envision the person you will become.

Dear _____,

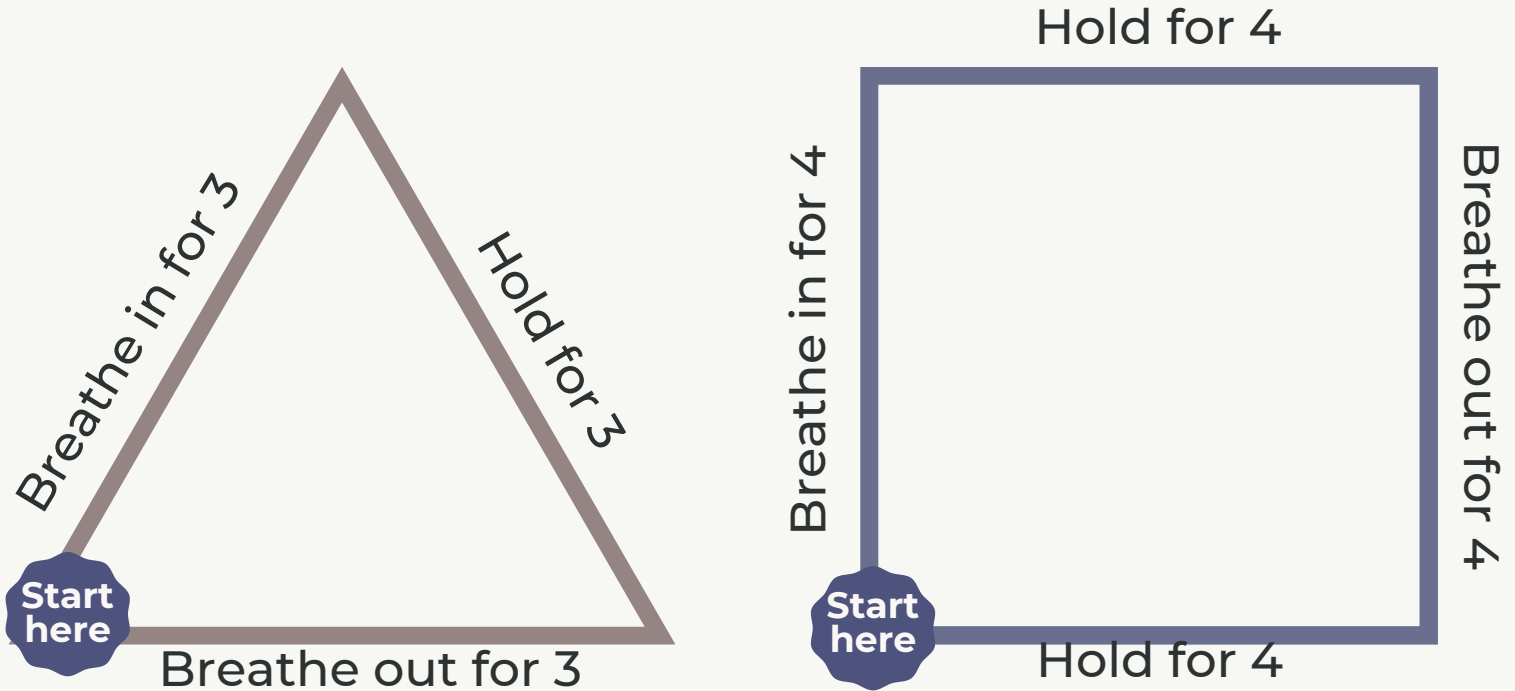
With love, _____

Visualizing success

Close your eyes and imagine the best possible outcome from your visit. What does that look like, sound like, feel like? Write down all that comes up.

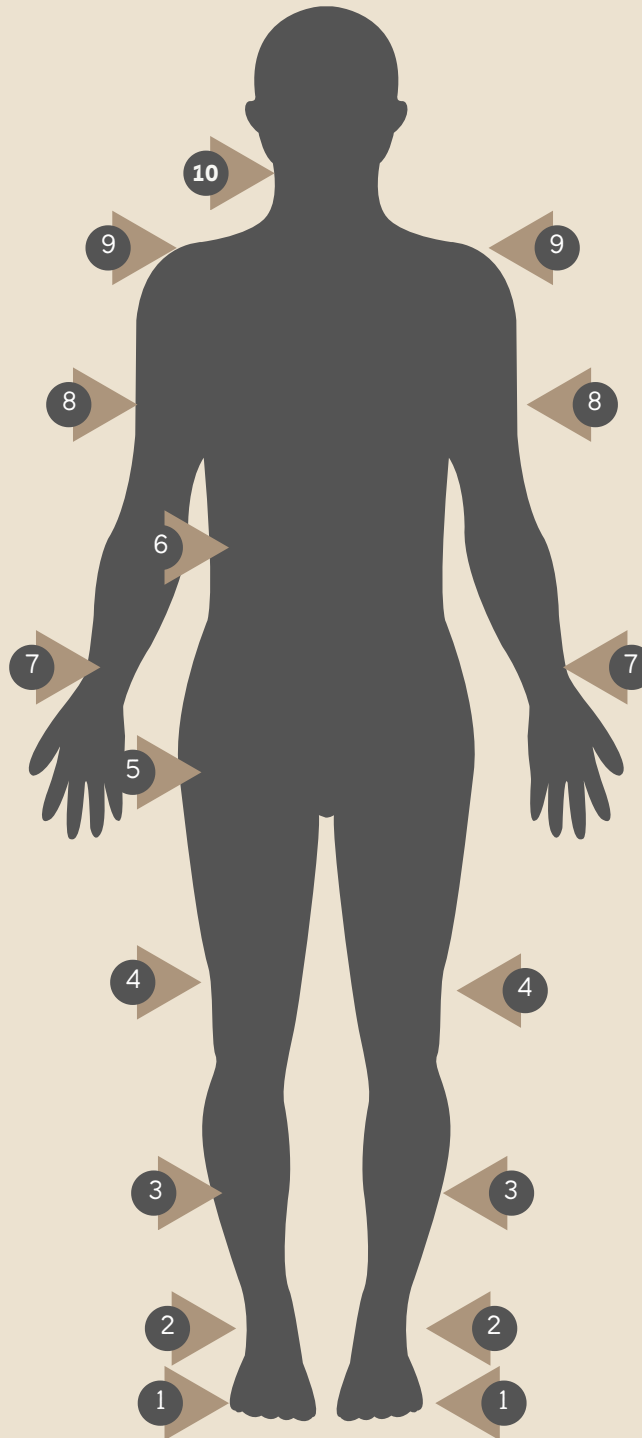
... and *Breathe*

Trace your finger from left to right, breathing in and out as you follow the prompts and make your way back to start. Repeat until you are feeling calm and relaxed.



... and *Relax*

Begin by taking a few deep breaths to center yourself. Then, systematically tense each muscle group in your body, one at a time, for about 5-10 seconds, focusing on the sensation of tension. After tensing, release the tension completely, allowing the muscles to relax fully for 15-20 seconds, while focusing on the feeling of relaxation.



Start with your toes and work your way up through your legs, abdomen, chest, arms, and finally to your head and neck. Take your time with each muscle group, paying attention to any areas of lingering tension and consciously releasing it. Continue this process until you've gone through all the major muscle groups in your body.

FIND YOUR CALM

Imagine your ideal calm space where your mind finds peace and tranquility. What does it look like? What sights, sounds, and smells fill the air? How do you feel in this space? What details make it uniquely soothing to you? Let your creativity flow as you bring your calm space to life on paper.

Written by

The Revive Project at Well Collab is designed to help women navigate the complexities of the medical landscape with confidence and clarity, particularly in the areas of reproductive and gynecological health. Christina's personal journey in healthcare settings, and Chryssa's experience tailoring her acupuncture practice to both prepare for and recover from medical procedures, fuel The Revive Project's mission. We offer worksheets, resources and support groups to help patients reclaim their right to autonomy, safety and support in medical settings. Visit www.wellcollab.com/revive to learn more.

With special thanks to

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Jeffrey Klein, MD

Well Collaborative

The Revive Project

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