

Feel Good



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1 Take some relaxing breaths</p> <p>Take five minutes to sit and breathe, taking slow deep breaths. Deep breathing helps move fluid through the lymphatic system as well as help you to relax.</p>	<p>2 Watch for wrinkles or creases</p> <p>Set reminders to check your compression garment during the day. Look to see if there are any wrinkles or creases that need to be smoothed out.</p>	<p>3 Move your lymph fluid</p> <p>Get out for some fresh air and a walk today. Even a slow pace will help your lymphatic system by using your calf muscles as a pump.</p>	<p>4 Self-massage</p> <p>Your lymphoedema therapist can show you how to massage yourself using light pressure to help increase the flow of lymph. This can also be done with a soft dry brush.</p>	<p>5 Apply moisturiser</p> <p>Do you have a good moisturiser to help keep your skin supple? Taking care of your skin reduces the risk of infection.</p>	<p>6 Keep active</p> <p>Get up and move. It is easy to stay seated for long periods of time so set yourself a reminder to get up, walk and stretch throughout the day.</p>	<p>7 Wear comfortable shoes</p> <p>Have you got a comfortable pair of supportive shoes? Court shoes or sandals should be avoided for those with leg/foot lymphoedema as fluid may bulge on the top of the foot.</p>
<p>8 Every step counts</p> <p>Even just five minutes today is a good start to a new habit. Try to walk on grass or softer ground to absorb some of the impact, especially if you have leg/foot lymphoedema.</p>	<p>9 Put you feet up</p> <p>Pour a cup of herbal tea and relax for 15 – 30 minutes with your legs lifted off the floor. Make sure your legs are supported along the length of the leg.</p>	<p>10 Check for flaky skin</p> <p>Inspect your skin for dry, flaky areas as this provides a route for infection. Moisturise daily to improve the quality of the skin.</p>	<p>11 Take care of your garments</p> <p>Regular washing will keep your compression garments clean and maintain correct compression. Check washing instructions for details. Note when your garments needs replacing.</p>	<p>12 Reduce your risk</p> <p>Have you done your exercises today? Reduce your risk of lymphoedema after surgery by doing daily exercises as directed by your physiotherapist.</p>	<p>13 Avoid fungal infections</p> <p>Powder the inside of your shoes with an unscented or anti-fungal powder to help prevent fungal infections. Make sure you dry your skin well after showering, especially between your toes.</p>	<p>14 Take a friend</p> <p>Exercising with a friend or loved one can make it more fun and increase your chances of sticking to an exercise plan. While you are catching up, you are also helping your lymphatic system.</p>
<p>15 Use donning aids</p> <p>Do you struggle to get your compression garment on and off? Your therapist can recommend various donning aids and techniques to help.</p>	<p>16 Make time to dance</p> <p>Put on some music and dance. Not only will you be using large and small muscles all over your body, the music will also make you feel good.</p>	<p>17 Eat your greens</p> <p>Maintain a healthy weight by eating a balanced healthy diet and avoiding processed foods.</p>	<p>18 Create a visual reminder</p> <p>Keep your walking shoes in plain sight as a reminder to take a daily walk. Visual cues are a wake-up call to your brain.</p>	<p>19 Carry a drink bottle</p> <p>Drink plenty of water. Staying well hydrated makes it easier for your body to regulate its temperature. Dehydration may increase swelling.</p>	<p>20 Compression garments should feel snug</p> <p>Does your garment feel loose? Make an appointment with your lymphoedema therapist to be remeasured for a new garment if you are concerned.</p>	<p>21 Reach out</p> <p>Get support from others with lymphoedema. Talk to people who understand what you're going through. Go to lymphoedema.org.au to find a patient support group in your area.</p>
<p>22 Keep cool</p> <p>Exercise in the early morning or late afternoon. Make use of air conditioning in the hotter months. Keeping cool helps to reduce swelling.</p>	<p>23 Watch for signs</p> <p>Have you noticed any signs of lymphoedema such as heaviness, aching or swelling? Chat with your medical professional who can refer you to a lymphoedema therapist.</p>	<p>24 Wear your garment correctly</p> <p>Carry your donning grip gloves with you during the day in case you need to reposition your compression garment. It is important that it is worn correctly so as to provide effective compression.</p>	<p>25 Be curious</p> <p>Do you have questions about lymphoedema? Your medical professional or lymphoedema therapist can assist you to understand what lymphoedema is and how to live with it.</p>	<p>26 Apply a barrier</p> <p>Swimming is a great activity to get your lymph fluid moving. Use a barrier cream to combat the drying effect of chlorine on your skin. Also apply a moisturiser once you are dry.</p>	<p>27 Try some glue</p> <p>Are you struggling to keep your compression garment pulled up? Ask your lymphoedema therapist about holding it in place with a skin glue.</p>	<p>28 Count your steps</p> <p>Wearing a pedometer to track your steps can help to keep you motivated and incorporate regular movement in your day. Everything counts, even short bursts of exercise.</p>
<p>29 Time for a review</p> <p>Have you been seen by a lymphoedema therapist recently? Ask your GP or specialist to refer you to a therapist who is lymphoedema trained and can assess how you are going.</p>	<p>30 Protect your skin from the sun</p> <p>Excessive sun exposure and sunburn will place an extra burden on your lymphatic system and increase swelling. Make sure to apply sunscreen particularly to areas with lymphoedema.</p>	<p>31 Create a habit</p> <p>Try to do some exercise every day. Build it into your daily routine. You're more likely to carry on doing exercise if it becomes a regular part of your day.</p>	<p>If you have lymphoedema, talk with a lymphoedema therapist before you start an exercise program or change your diet. They can advise you about what is most suitable for managing your lymphoedema.</p> <p>These activities are designed by the team at Haddenham Healthcare to improve how you feel regardless of your lymphoedema situation. There is an activity for each day of the month, so you can feel good and do good throughout Lymphoedema Awareness Month. Many of them focus on increasing the flow of lymph fluid throughout your body to help reduce swelling and improve the health of the swollen tissue. This lowers your risk of infection, improves your wellbeing and makes movement easier.</p>			