

Your Menu of Personal Comfort Items

Choice of My Favorite Options for Relief Treatments (C.O.M.F.O.R.T.)

Controlling your discomfort is important. Although it may not go away entirely, there are many options available that may help you feel better. Being proactive can help you prepare a personally-crafted plan to reduce potential discomfort and maintain your normal routine. These measures may also decrease the need for medications and other medical interventions.

Sleep

- Darkness
- Essential oil
- Herbal tea
- Massage
- Music
- Night light
- No interruptions
- Quiet
- Snack or sandwich
- Sound machine
- Television
- Warm bath or shower

Feeling Better

- Deep breathing
- Gentle stretching
- Meditation
- Prayer
- Scalp massage
- Shampoo
- Sunshine
- Walking

Relaxation

- Aromatherapy
- Recorded soothing sounds
- Rocking Chair
- Stress ball

Comfort

- Extra pillows
- Ice pack
- Hand massage
- Lip balm
- Lotion
- Neck pillow
- Repositioning
- Temperature adjustment
- Warm blanket
- Warm washcloth

Entertainment

- Adult coloring book
- Book (large print, audio)
- Deck of cards
- Magazine
- Visit with family/friends

Additional Items

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