



CONFIDENCE BE[®]

WELL-BEING
SUPPORT
THROUGH
YOUR STOMA
JOURNEY



TAKING CARE OF YOUR MIND AND BODY AFTER SURGERY

Waking up after your operation can feel overwhelming and you will probably have all sorts of questions and concerns. Your Stoma Care Nurse will be there to guide you through the practicalities of caring for your stoma, but in the coming months it's also important that you take care of all other aspects of your health and well-being.

Salts Healthcare takes a holistic approach to supporting people living with a stoma. As well as helping you find the right products, we have a range of support to offer that might help with your well-being. This little booklet has a few suggestions. You'll find more on our website: www.salts.co.uk



FIVE WAYS SALTS CAN SUPPORT YOUR WELL-BEING

While you're adjusting to life with a stoma you may notice changes mentally, physically, emotionally, socially and with sleep quality. We can support you:

PSYCHOLOGICAL WELL-BEING

Overcome negative emotions and feel able to adapt to life with a stoma. Be happy, well-supported and satisfied.

EMOTIONAL WELL-BEING

Have positive emotions, moods, thoughts and feelings and feel resilient in the face of changes and challenges.

PHYSICAL WELL-BEING

Accept your new body and feel comfortable in your own skin, as well as having the confidence to take part in physical activities.

PSYCHOSOCIAL WELL-BEING

Embrace your relationships and interact confidently at work and at home, with friends, family and your community.

SLEEP WELL-BEING

Calm your mind to minimise anxiety and help you get a good night's sleep.





CONFIDENCE BE[®]

For all you want to be



SUPPORT FROM YOUR STOMA CARE NURSE

Your Stoma Care Nurse is there to support you every step of the way. They will be able to show you how to change your stoma bag and help you develop a good routine, as well as being a supportive sounding board and rational voice when you need it most. Make a note of your nurse's details here and keep this booklet close to hand:

Nurse name:

Tel:

Hospital:

Email:

PSYCHOLOGICAL WELL-BEING

Having a stoma is a major change in your life and it can take time to learn to how to cope with difficult emotions and adapt to a new routine. Talking to people who have either gone through or are going through the same experience can help you.

You'll find details of local support groups on our website at www.salts.co.uk. These events are a great way to get specialist advice from Stoma Care Nurses and chat to other people who can give you tips on everything from lifestyle to nutrition.

WELL-BEING RESOURCES TO HELP YOU

If you can't attend support groups in person, these online resources may help:

- CALM – Thecalmzone.net
- Headspace – Headspace.com
- Mind – Mind.org.uk
- Rethink – Rethink.org
- Crohn's and Colitis UK – crohnsandcolitis.org.uk
- Colostomy UK – Colostomyuk.org
- IA (The ileostomy and internal pouch support group) – lasupport.org
- Urostomy Association – Urostomyassociation.org.uk
- Bowel Cancer UK – bowelcanceruk.org.uk
- Macmillan Cancer Support – macmillan.org.uk



Read more about how Confidence BE® has helped Damian

BE ABLE with Confidence BE® – for all you want to be

EMOTIONAL WELL-BEING

It's normal to feel emotional after major surgery, so don't worry if you have 'down' or 'teary' days to begin with. Talking with family and friends can be helpful to make sense of your emotions in the early days after your surgery.

Mindfulness and meditation are also great for your well-being as they offer you time to reflect on your journey so far, boost your mood and practice good self-care.

SIMPLE MEDITATION FOR BEGINNERS

STEP 1



Sit in a cross-legged position
or lie down on the floor

STEP 2



Close your eyes

STEP 3



Breathe deeply and rhythmically

STEP 4



Feel every part of your body

STEP 5



Think positive thoughts

STEP 6



Relax into the meditation
for 20 minutes every day

PHYSICAL WELL-BEING

Your recent stoma surgery will change you physically and it might take some time for you to get used to your altered body and to feel comfortable. Initially you may feel more self-conscious wearing certain clothes or avoid taking part in activities you previously enjoyed.

This is all completely natural and it may help to speak to others who have been through or are going through a similar thing. As your confidence grows you will begin to discover that some things that you initially thought were impossible whilst living with a stoma, are not!

EXERCISING WITH A STOMA

There are many products available that are designed to improve body positivity, such as stoma support wear and stoma bags in different colours, and many have features to make it easier to take part in physical activities. Here are a few top tips following your surgery. You should seek the advice of your Stoma Care Nurse prior to starting any exercise.

1

Start gentle exercise as soon as you feel able

2

Short walks and swimming are good choices in the early days

3

Gradually increase exercise over several weeks

4

Avoid heavy lifting for 12 weeks following surgery

5

Pilates and yoga are good for strengthening abdominal muscle

6

Speak to your Stoma Care Nurse before starting anything too strenuous

*"The colours available mean I have a bag for every occasion. I can feel confident wearing thinner or light weight materials and white tops because I know my bag won't be visible. I can wear black to match my underwear, bikinis or gymwear and I can wear stone when my stomach is exposed. It's so well designed that you can wear it with confidence." **Claire***



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PSYCHOSOCIAL WELL-BEING

Having had surgery that results in a stoma can knock your confidence and make you feel like withdrawing from social situations. We believe everyone in the ostomy community should have someone to talk to, but if you aren't feeling up to going out yet, it can be hard to meet the right people.

Our social media channels and campaigns, such as **#MyConfidenceBE** and **#BEyourselfie** encourage people living with a stoma to share their experiences online and become part of a supportive community.

#MYCONFIDENCEBE AMBER'S STORY

23-year-old Amber lives with an ileostomy. She started sharing her journey and experiences through social media to find others who were going through a similar situation and now has a huge community of supporters online. If you want to see how she's getting on, you can follow her on Instagram **@ambersostomy**.

"Following my initial surgery I really struggled to find someone who was in a similar position who had gone through the recovery already and was living life to the fullest. As a young woman that was quite disheartening. So I turned to Instagram and made my own page through which I started finding other people who were going through the same thing. I could see it was really helping them and it was helping me immensely. Since then, things have really snowballed, and I've even created my own podcast" **Amber**

OTHERS YOU MIGHT LIKE TO FOLLOW:

Facebook:

- The Real Ostomy Support Group
- Ileostomy, colostomy, stoma and bowel support
- Ostomy Buddies

Instagram:

- Damienbellis
- Jessicastomajourney
- Crohns.mummy
- Daddywithabaggy
- AdeleRoberts
- Mr.colitiscrohns

TikTok:

- Littlemisscolitis
- The Ostomy Crew
- Ibdlife
- Abigailgingeraleofficial
- CharlotteTwinley
- RaeOstomy

Online forums:

- Reddit.com
- MeetAnOstoMate.org
- Inspire.com



BE ACTIVE with Confidence BE® – for all you want to be

SLEEP WELL-BEING

Getting a good night's sleep is so important for your mental and physical well-being. It helps you to recharge body and mind and sets you up for a positive day. As well as products that can help you achieve a more comfortable sleep, you might want

to try some practical exercises to help you relax, unwind and drift off. The 4-7-8 breathing technique is thought to help reduce nervousness and stress, calm anxiety, and help people get to sleep more quickly.

THE 4-7-8 BREATHING TECHNIQUE FOR SLEEP

- Start with an audible exhale to open your lungs and release tension you may be holding in your shoulders. If you're especially tense, you can repeat this step a few times, gently rolling your shoulders and wiggling your hips to help you find a relaxed stance or position.
- With your mouth closed and tongue pressed gently on the roof of your mouth, breathe in slowly and deeply through your nose for a mental count of four. Then hold your breath for a mental count of seven.
- Finally, exhale through your mouth for a count of eight. Make an audible "whoosh" sound as you exhale. Once you have exhaled fully, it should feel as though all of the air has left.
- Repeat this for four full cycles.

You'll find more well-being tips on our website:

www.salts.co.uk

BE COMFORTABLE with Confidence BE® – for all you want to be





All the products featured in this brochure are available through Medilink® (service not available in Northern Ireland), or your usual supplier of ostomy products.

For more information and advice about the Medilink® Dispensing and Home Delivery Service, please contact:



FREEPHONE 0800 626388 (UK only)



enquiries@saltsmedilink.co.uk



www.saltsmedilink.co.uk

Follow us @SaltsMedilink:  

For further information, please contact:



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www.salts.co.uk

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To hear stories about living with a stoma, listen and subscribe to our podcast **'Me, my bag and I'**, which is available free on iTunes and Spotify.



Recognising Salts research
into healthy stoma skin



DERMATOLOGICALLY
ACCREDITED



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