



Serenity Glow

Night Before Surgery Support Bundle

This calming bundle is designed to support you the night before surgery with affirmations, a relaxing bedroom reset checklist, and peaceful meditations.

Inside you'll find:

- A Healing Affirmations Sheet
- A Bedroom Reset Checklist
- Tips for preparing your space and mind for restful sleep

Use these tools to let go of stress, feel supported, and enter your procedure feeling cared for and calm.



Healing Affirmations Before Surgery

Use this page to read or repeat gentle affirmations that prepare your body and mind for peace, sleep, and healing.

- I am safe, even in the unknown.
- My body knows how to heal, and I trust it.
- I will wake up calmly and surrounded by care.
- I trust my medical team to do their best work.
- Whatever happens, I can handle it with grace.
- I will be at peace and return to my loved ones.
- I am strong, and I am allowed to rest.
- Pain will pass and healing will begin.
- My breath brings calm and steadiness to my body.
- I am allowed to let go of fear and welcome sleep.
- My mind and body are preparing for a smooth experience.
- I am doing the best thing for my health right now.
- I trust the timing and the process of my recovery.
- Even in vulnerability, I am powerful and supported.

- I will rest, recover, and return with strength and peace.



Bedroom Reset Checklist

Prepare your space for calm, comfort, and deep healing sleep the night before surgery.

If you only have time for a few things, start with these top 3:

- ☐ Change your pillowcase or sheets to something fresh and soft
- ☐ Spray or diffuse lavender essential oil for immediate calm
- ☐ Dim the lights and silence your phone to start winding down

Full Bedroom Reset Checklist:

- ☐ Change your sheets and pillowcases
 - ☐ Add a cozy throw blanket
- ☐ Use lavender or chamomile pillow spray
- ☐ Diffuse calming essential oils for 30 minutes or more
 - ☐ Dim or turn off overhead lighting
- ☐ Use warm-toned bedside lamps or salt lights
- ☐ Turn on white noise, fan, or soft sleep music
 - ☐ Keep your phone on Do Not Disturb
- ☐ Set your room to a comfortably cool temperature
 - ☐ Warm your feet with socks or a heating pad

- ☐ Set out your favorite pajamas or robe
- ☐ Keep water nearby
- ☐ Place a journal or notepad on your nightstand
- ☐ Include hand cream, lip balm, or calming lotion
- ☐ Place a calming visual like a crystal or photo
- ☐ Think of one thing you're grateful for
- ☐ Say: 'It's safe to rest now.'
- ☐ Remind yourself: 'Everything important is taken care of.'

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