



Sleep

Sleep plays an important part in good health and wellbeing. Sometimes sleep can worsen whilst you're waiting to see a healthcare specialist. Perhaps due to discomfort and pain, or due to worry about the appointment or procedure that you are waiting for.



Pain

You may be dealing with pain while you're waiting. This could be pain that comes and goes, or that's there all the time. This can affect how you're feeling. It may also limit what you can do to support your health and wellbeing.



Tobacco, Alcohol, Drugs

People use substances for different reasons. It could be a habit that's developed over years or something that's done socially, or may be a way of coping with things in life.

Whatever the reason for using these substances, you could look at ways to reduce or stop using them. This will help to improve your health now and support your future health and recovery.



Money, Work, Relationships

Your health may not be the only thing that you're thinking about while you're waiting. You may have issues on your mind that aren't related to your actual wait. These can also impact your wellbeing.

Find out more about how to look after your health and wellbeing by visiting the Waiting Well hub at www.nhsinform.scot/waiting-well, or by scanning this QR code:



If you do not have digital access to go onto the Hub pages yourself, perhaps a family member or friend can help.

You can also use the **NHS inform helpline**, which is free to call and is open **Monday to Friday** between **8am and 6pm** on **0800 22 44 88**.

The team can help people who have questions about their health or local services - and for waiting well, they can talk to you about the key advice on the waiting well hub pages.



On a waiting list? What can help?



If you're waiting to see a healthcare specialist or to get health and social care services, taking positive steps now to look after your health and wellbeing can help you to:

- ✓ **Ease** some of your symptoms
- ✓ **Manage** or improve your health
- ✓ **Stop** new problems from starting
- ✓ **Improve** your health before your treatment – this may help you recover faster

The Waiting Well Hub on NHS Inform has lots of information to support your health and wellbeing. Which includes:

Where you can get help from health and social care services and community organisations

Learning more about conditions, tests and treatments

Getting fit for surgery – which can be called 'Prehabilitation' – this is about steps you can take to help improve your physical and mental wellbeing ahead of time

So, what can support your health and wellbeing while you wait?

These can be practical things, like eating well or moving a little more. Some changes may help your overall health and wellbeing and others may help your current condition.

How to work out what to focus on first?

To help focus on the right areas, you could think about things that:

- Are challenging in your day-to-day life
- Worry you the most
- You want tackle first
- Matter to you now
- Are strengths you want to build on



Some top areas people may want to focus, that we have on the hub pages:



Diet, activity and weight

For some people, working towards a healthier weight can improve health now but it can also reduce the risk of other health problems in the future and support recovery.



Mental health and wellbeing

Mental health and wellbeing can be affected by an illness or condition. For example, how you're feeling about your body can impact your mood. Dealing with an illness or condition can also increase stress.



Staying active

If you're waiting or are not feeling your best, you may be less active. But, moving a little more whilst you wait can support and improve your health. Regular exercise or activity before an operation can also reduce complications and your length of stay in hospital.