

Tips for Using Comfort Bag Contents

- **Essential Oil Diffuser and Lavender Oil**: We've included this in order to create a peaceful and healing element to your hospital stay and to continue to use at home. Lavender promotes relaxation and peacefulness.
- **Coconut Oil**: This is great for using to massage the skin—it is easily absorbed and has natural antimicrobial properties. We also found this useful in removing adhesive on the skin from tapes and bandages.
- **Magnesium Lotion**: Magnesium promotes muscle relaxation. Great to use on the arms and legs as well as the bottom of the feet.
- **Journal**: Use this to keep a daily diary of your thoughts, people who visit, how the journey is going for your family member or you—it will be so useful to help reconstruct this time in your injured family member's life as well as for you as stress can have an impact on memory and brain injury always affects short term or working memory. Daily journaling is also beneficial for your own mental well-being on this journey—use it to express your feelings, hopes and challenges.
- **Drawing Pad and Markers**: These are great to have so you can make signs to put on the door, draw pictures or inspirational words for the walls of the room and if there are children or grandchildren, for them to draw pictures to put up on the walls or just to occupy them while in the waiting room.
- **Scotch Tape**: Highly important for hanging photos and drawings and signs—and the nurses are always so happy this is included!
- **Bluetooth Speaker**: Music and the brain are so important. It is a way to soothe, stimulate or access memory. During my son's stay we used our iPads and phones non-stop to play Cheyne's favorite songs (especially Bob Marley music), classical music, recordings of his children's voices and childhood songs, guided meditations and the sound of ocean waves. Nature sounds are awesome too! I often thought of what my son might be taking in when lying in the hospital bed, in a coma, with nothing but the sounds of machines—for me this was an important link to keep him grounded in his life and to know that we were there.
- **Power Bank for Charging Phones and the Bluetooth Speaker**: In an emergency, whoever thinks to bring a charger? Family members often stay at the hospital for extended periods in critical situations—we want you to at least be able to charge your devices to make phone calls and to keep connected.
- **Little Book for Mindfulness**: Just a little nudge to help you BREATHE and keep grounded. Your family member needs you and you are under tremendous stress. It's a little thing but we hope it can help you find a way to breathe and relax to stay present and maybe a little less stressed.
- **3-ring Binder with Plastic Sleeves**: This is a useful item to keep the multitudes of paperwork, information and business cards you will receive all together so that you can access the information when you need to and don't have to hunt for it.
- **Thank You Note Cards**: These are nice to have to write small notes of gratitude in your down time at the hospital to anyone who has extended a kindness you appreciate if you are inclined to do so. We include stamps for you as well.