

ICU Healing Journal



LOVE
*Life, Optimism,
Vitality, Endurance*



*Bringing
Meaning & Life
Back to Survivors
of Critical Illness*

Penn Presbyterian MICU
www.pennmedicine.org/micu

How to use this book ...

Others may read the entries, so please write things that are not confidential.

Write about daily events, such as what is happening at home or outside of the hospital.

Write about who has visited.

Write about how the room sounds and the different pieces of equipment you see.

Write about how you feel, and messages of encouragement or inspiration for your loved one.

Write about your hope for recovery.

You may post pictures, newspaper clippings, drawings or other items into the pages.

Sign and date each entry.

Write about progress being made, the plan of care, and the surroundings.



"I loved me and I loved them in return."

- Sonia Sanchez

... things that make noise inside my room ...

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