

Support for anxiety and feeling overwhelmed before surgery

We understand that admission to hospital for surgery can be a stressful and worrying time, this can be due to fear of the unknown, worry for family members and health anxiety. Good mental health is important for ensuring a good recovery after surgery, positive thinking and the ability to cope with challenges and unfamiliar environments will help to enhance your recovery to ensure that you get home quicker.

We have gathered some useful links for self-help tools and reading:



How to cope with pre-surgery anxiety - British Heart Foundation



Preparing your mind before surgery - The Royal College of Anaesthetists



Mindfulness - NHS



Breathing exercises for stress - NHS

You can ask your GP about:

Social prescribing - connecting people to non-medical community-based activities and services eg walking groups, art classes, fitness sessions.

Talking therapies - This is a self referral scheme for people for low to moderate symptoms.

For mental health crisis support - telephone 111 service option 2.

'A positive attitude gives you power over your circumstances instead circumstances having power over you'

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