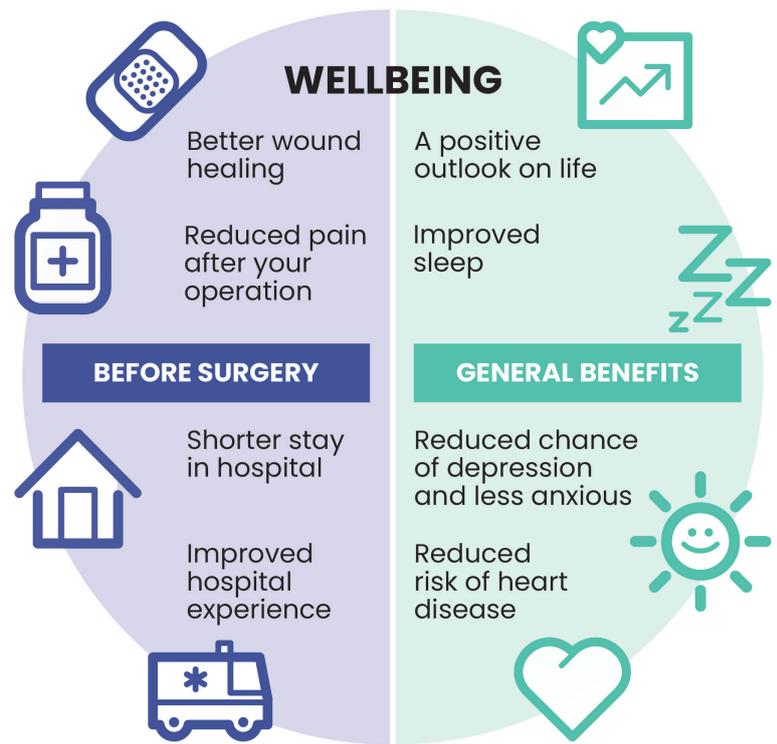


WHY DOES IT MATTER?

Our aim is the same as yours, to get you safely through your operation and experience a smooth and quick recovery.

There are many benefits to improving your wellbeing and reducing anxiety →



WELLBEING AND SURGERY

- Having an operation can be a stressful experience. We understand that the time leading up to your operation can be worrying, and this can lead to you feeling anxious, and have a negative impact on your general wellbeing. Feeling stressed and anxious can also affect other areas of your life including the quality of your sleep.
- By reducing your anxiety and improving your wellbeing, you can experience a much smoother journey through hospital, with less pain and a shorter hospital stay.
- The most important thing for you to understand is that it is normal to feel anxious before an operation, but there are things we can help you with to reduce this anxiety. The PREPWELL team is here to support you both physically and mentally in the journey up to your operation, and hopefully improve your experience. The team can help you in a number of ways from having a chat and answering your questions, to seeking professional support if this is required.

HOW DO I IMPROVE MY WELLBEING AND REDUCE ANXIETY?

There are many ways to improve your wellbeing. Different people will find that they have different methods but some common options are:

- **Exercise:** especially relaxing options such as yoga or tai chi.
- **Talking:** A problem shared is a problem halved.
- Breathing exercises.
- **Relaxation techniques** such as relaxing music, meditation or mindfulness: These can be guided using apps such as 'stress and anxiety companion' on android and apple stores or the NHS app library <https://www.nhs.uk/apps-library>
- Learn something new or take up a new hobby such as cooking or singing.

WHERE CAN I GET HELP?

- The PREPWELL team can help and support you. We can guide you towards any extra help you feel you may need to meet your goals prior to your operation.
- Your family and friends are a great source of support. Caring company will allow you to offload many concerns and help you to relieve your anxiety.
- There may be support groups or complimentary services available where you can talk to people who have been through similar experiences which you could find useful. Ask about these at your hospital appointments or with the PREPWELL team.
- Your GP may be able to refer you to specialist services if they feel this is needed.

TOP TIPS

- Keep in touch with people and talk about your concerns.
- Exercise will help you feel better, even a little is better than none.
- Set a routine with time aside as “worry time” specifically to focus on any worries or concerns, then move on with your day.
- Write down your worries or keep a diary before bed, and plan time to review them later.
- Get some fresh air – sunlight and the outdoors can be beneficial.
- Consider learning a new skills such as DIY or cooking – the success of learning can boost your self esteem.
- Ask for help if you need it.

USEFUL LINKS

MIND: <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Every Mind Matters: <https://www.nhs.uk/oneyou/every-mind-matters/anxiety>

NHS mindfulness: <https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>

NHS mental wellbeing: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Prepwell Tai Chi: <https://www.southtees.nhs.uk/services/prepwell-project/tai-chi-exercises/>

NHS app library: <https://www.nhs.uk/apps-library/>