



MENTAL HEALTH

“Auntie” Stress

by
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Surgical Success-Activating Your Control

There's no doubt about it – going for surgery is stressful, regardless of which way you look at it – mentally, emotionally and physically. So, it stands to reason, that in addition to following your doctor's orders – quitting smoking, losing weight and/or following a special diet - you also get your stress under control. Stress affects our physiology – increases our BP, heart rate and the production of hormones and other neuro-chemicals which have their own set of side-effects. So, why not prepare in advance, and give your surgical team (and you!) a helping hand?

Learning to control your anger may also speed up the healing process after surgery, US research suggests.

The Brain Behavior and Immunity study indicates stress has a major impact on the body's ability to repair itself. For more on this study:

<http://news.bbc.co.uk/2/hi/health/7252415.stm>

Over the years, I've had a number of surgeries, but 2006 topped them all! I did extremely well in recovering from all 4 of them by developing my own surgical success list, which included learning to transform those negative emotions

associated with surgery, including **fear, worry and frustration.**

When we're stressed we often think that we don't have any control in whatever situation we may find ourself. This is the conundrum – we feel stressed – we act in a certain way – we act in a certain way – we feel more stress...and 'round and 'round it goes. When you go through surgery, it is also quite normal for people to feel a lack of control – what you can and can't do – waiting for nurses, doctors, appointments, results, recovery. Wouldn't it be great to be able to take back some of that control? To misquote the toddlers, “you **are** the boss of **you.**”

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Change of Heart Stress Solutions
“Auntie-Stress”
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