



**Practice
Plus
Group**

Are you anxious about your surgery?

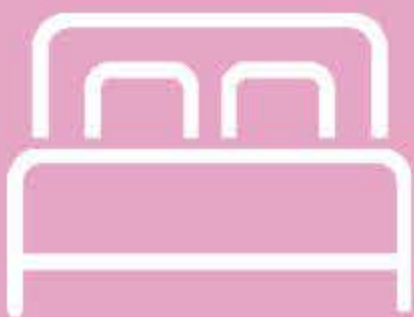


Eat well

Make sure to eat a variety of nutritious foods that provide your body with the necessary vitamins and minerals.

Try to move regularly

Just 30 minutes of gentle movement every day can help boost your mood and improve your health.



Try to get enough sleep

Aim for 7-9 hours of quality sleep each night. A good night's sleep is essential for your mental health.

Manage Stress

Implement stress management techniques such as meditation, deep breathing exercises, yoga, or journaling.



Talk to us

Please speak with a member of the team if you have any concerns before your procedure. It's important to us that your perioperative journey is as worry-free as we can make it.

If you are anxious about your upcoming surgery, you are in good company! Up to 75% of patients report feelings of anxiety before an operation. Please reach out to us if you feel overwhelmed.