

Tips for Managing Anxiety Before Surgery



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Feeling anxious before surgery? You are not alone. Many people feel the same way. We're here to support you and help you feel prepared.

Why you may feel anxious

There are many reasons you may feel nervous before surgery. Some examples include:

- Worry about pain or anesthesia.
- Stress about recovery.
- Concern for your loved ones.
- Feeling emotionally overwhelmed.
- Worry about body changes.



Get prepared: Learn what to expect before and after surgery.



Ask questions: Talk with your care team about any concerns.



Find support: Visit www.msk.org/counseling for a list of support services.



Relax your mind and body: Try doing relaxing activities, such as watching your favorite show, deep breathing, or meditation.



Memorial Sloan Kettering
Cancer Center

We're here for you every step of the way
Call **646-888-0200** for support