



## Resources to Reduce Preoperative Anxiety

Anxiety before surgery is common. It is ok to worry about your surgery. However, there are ways to reduce anxiety and help you to have a more positive experience. This webpage combines some resources and links to explore how to manage anxiety.

### Guided Imagery

Is the process of being guided to visualize a separate situation that results in a positive effect. Like reducing anxiety. This could be picturing a sunset on a beach or snowing in the mountains.

Here are a few videos that takes you through a guided imagery session:

- Guided Imagery for Your Hospital Stay  
[https://www.youtube.com/watch?v=WUkZLzF0s\\_s](https://www.youtube.com/watch?v=WUkZLzF0s_s)
- Waterfall Meditation - Guided Imagery to Refresh Yourself  
<https://youtu.be/WBYFbStfHM>
- 5-Minute Meditation You Can Do Anywhere  
<https://youtu.be/inpok4MKVLM>

### Breathing Techniques

Breathing techniques are a way to control breathing and help reduce anxiety as well as other physical and psychological factors. Slow breathing, abdominal breathing, and deep breathing are examples of this.

Here are a few examples of breathing techniques and how to do them.

- Breathing Exercises for Anxiety- <https://youtu.be/xQq7kqIhiLQ>
  - o An excellent guide for going through different breathing techniques. If possible, check this video out before coming into the hospital.
- Breathing Exercises for Anxiety | Mindfulness Breathing Technique | TAKE A DEEP BREATH <https://youtu.be/oaJDfWCn4fl>
- Box breathing relaxation technique: how to calm feelings of stress or anxiety  
<https://youtu.be/tEmt1Znux58>

Relaxation Audio Tracks (<https://myhealth.alberta.ca/Alberta/Pages/Relaxation-audio-tracks.aspx>) Is a resource that includes Guided Imagery, Breathing Techniques, and other audio tracks to walk you through the different relaxation techniques.



## Music

Music can help reduce the feeling of anxiety. Listed are a couple of recommendations:

- Listen for a minimum of 15-20 minutes
- Pick slow, soft music
- When searching use key phrases like “Slow Instrument” or “Soft Classical”
- Pick what relaxes you

One example is:

- Classical Music for Relaxation: Chopin, Beethoven, Liszt...  
[https://youtu.be/pxEj6m\\_7Qfk](https://youtu.be/pxEj6m_7Qfk)

## Humour

Laughing and humour are distraction techniques that reduce anxiety. Watching comedy videos is a fun and effective way to do so. Here are some examples:

- Who’s on First <https://youtu.be/sShMA85pv8M>
- News Anchor Cracking Up over Swimming Cat <https://youtu.be/enB2QL9Ulus>
- If Restaurants Behave Like Healthcare <https://youtu.be/4M0ooFIJmfk>
- Animals Getting Scared Over Nothing <https://youtu.be/O0W9ToOrmr4>

## Technology

Below are a few apps that feature a few of the different techniques stated throughout this pamphlet. All apps are free to use and download, however. Some may have in app purchases for unneeded expansions.

- My Oasis: Calming Relaxing and Anxiety Relief Game
  - o Android [https://play.google.com/store/apps/details?id=com.buffstudio.myoasis&hl=en\\_CA&gl=US](https://play.google.com/store/apps/details?id=com.buffstudio.myoasis&hl=en_CA&gl=US)
  - o Apple <https://apps.apple.com/us/app/my-oasis-anxiety-relief-game/id1247889896>
- Healthy Minds
  - o Android [https://play.google.com/store/apps/details?id=com.healthyminds&hl=en\\_US](https://play.google.com/store/apps/details?id=com.healthyminds&hl=en_US)
  - o Apple <https://apps.apple.com/us/app/healthy-minds->



- [program/id1326310617](#)
- UCLA Mindful
  - o Android [https://play.google.com/store/apps/details?id=org.uclahealth.marc&hl=en\\_CA&q=US](https://play.google.com/store/apps/details?id=org.uclahealth.marc&hl=en_CA&q=US)
  - o Apple <https://apps.apple.com/ca/app/ucla-mindful/id1459128935>
- Smiling Mind
  - o Android [https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en\\_AU](https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en_AU)
  - o Apple <https://apps.apple.com/au/app/smiling-mind/id560442518>



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