Calming Your Mind Before Your Procedure

While you prepare for your upcoming procedure, you may be feeling anxious. That's to be expected—this may be a brand-new experience for you.

To help set your mind at ease, focus on the reason you're having this procedure: To benefit your health.

You can also prepare both your body and mind for your procedure through guided meditation.

Research has shown that people with less anxiety before surgery tend to have a more successful outcome. Meditation can help you find a more relaxed and calmer state of being.

It can also reduce pain, lower blood pressure, and improve sleep.

Meditation is easy to do. You simply need to follow a few basic instructions, mainly focused on your breathing.

Take a few minutes now to give it a try. Use the following guided meditation to help calm your mind before your upcoming procedure.

Find a quiet, comfortable place to sit. Maybe it's your favorite chair, your couch, or even your floor. Note your body's position.

Can you feel your back leaning against your chair? Or your feet gently resting on the floor?

Now close your eyes or soften your gaze. Notice your surroundings. If you hear any sounds or noises, acknowledge them. Then, slowly let them fade into the background.

Now, bring attention to your breathing. Take a deep breath in through your nose for three seconds.

Now, slowly release it through your mouth for another 3 seconds.

Continue this breathing pattern, focusing only on your breath and how your body feels as your stomach and chest rise, and then as your stomach and chest settle.

If any thoughts of your procedure enter your mind, don't ignore them.

Acknowledge your worry, then let it float away as you keep breathing.

Stay in this position for as long as you like. When you are ready, open your eyes and thank yourself for giving your mind and body this calming experience.

You can continue practicing meditation as often as you like or need, with or without this video. The more you meditate, the calmer you'll feel before your procedure.