

# Sheila's 7 Top Tips For Calming Your Nerves Before Your Hysterectomy



by Sheila Martin

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**Every woman's experience will be different, and your own doctor will be the one to direct and guide your care. You are responsible for contacting your own doctor with any and all questions and concerns.**

The purpose of this material is to share the experiences that some women have gone through before, during, and after a hysterectomy, as a way to help other women learn more about the surgery and prepare for a comfortable recovery.

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Sheila Martin  
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Hi there,

I'm Sheila Martin, author of [The Worried Woman's Guide to a Happy Hysterectomy](#).  
Nice to "meet" you.



Here's my best advice for you right now: Print these tips out, grab a pen and paper, and take yourself away to a favorite coffee shop for some Alone Time.

Ready? Okay, let's get started calming you down....

## 1. Stop Catastrophizing!

Catastrophizing means imagining the worst. Let's listen in to an expert Catastrophizer:

*"Ohmigosh. I don't know what to do. What if everything goes wrong? What if I have the surgery and regret it forever? What if I hate sex afterwards and my husband leaves me? What if I die on the operating table? What if I get instant menopause and have hot flashes at work and turn into a hormone-crazy witch and lose my job and the bank forecloses on my house, and I end up as a Bag Lady and ...?"*

You can see how out of control this kind of thinking can get!

Sound like you? If so, here's a simple antidote to Catastrophe Thinking....

<http://www.boxofcrayons.biz/pdf/catastrophe.pdf>

## 2. Figure Out What's REALLY Bothering You

- I won't be able to have any kids (or, any more kids)
- I'm afraid my sex life will be over
- I'm scared of instant menopause
- What if it's cancer? I don't want to find out!
- Maybe I won't survive the surgery
- I can't afford all that time off work
- I hate hospitals

What if I grow a moustache?  
(Sorry! I bet you hadn't even thought of that one!)

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Okay. Have you got your Big and Little Fears out in the open? Great. Now dig out that paper and pen. Make sure no one's peeking over your shoulder. Draw a line down the page. Write your fears on the left and write some possible actions or solutions on the right.

For instance, you might write down on the left side of your page, under FEARS, you might write:

*"I can't afford that much time off my job."*

And on the right, under POSSIBLE SOLUTIONS:

*"1. Ask my doc if I'd be a good candidate for LAVH, a surgery with a much shorter recovery time."*

*2. Call the HR Dept -- Find out if my company has any income support programs in place."*

Or, on the left:

*"I don't want to find out if it's cancer."*

And on the right:

*"I'm already stressed from worrying. It will be better to find out once and for all. If it really is cancer, the sooner they catch it, the better."*

### 3. Imagine Your Life AFTER the Surgery

Here's a fun one: Start a fresh piece of paper. Now write down all the reasons you are considering a hysterectomy: pain, too much bleeding, your work is suffering, you have fibroids the size of a football.... ;-)

Now imagine it's six months from now: Everything went smoothly. The surgery and your recovery time are long behind you.

How does that feel? Was it worth it? Imagine that your Future Self had some advice for you right now. What would she say?

Take some time with this one. You may find surprising wisdom in the words of your Future Self!

#### 4. Remember to Breathe

Just about everyone knows the value of deep breathing when you're anxious. Even a single, deep, mindful breath can bring immediate relief.

But most of us don't realize that we are shallow breathers, and we may be unaware



of how quickly breath work helps us to feel better.

Dr. Andrew Weill is a long-time student of the power of breathing. Have a look at his guidance with [3 Breathing Exercises](#), especially Exercise 2: The 4-7-8 (or Relaxing Breath) Exercise.

You can practice with him in the short [video here](#).

You might also want to explore the free breathing tools at the [Universal Breathing Room](#).

## 5. Emotional Freedom Technique (EFT) ... aka Tapping

Oh, I just wish I could magically transport myself to your living room right now. We'd be face-to-face so I could share my enthusiasm with you for Tapping – or indeed, for any energy medicine.

Tapping is a little hard to describe, but essentially you are activating the energy meridians in your body by tapping rhythmically while speaking phrases designed to shake up your thinking.

It bothers me that I wasted five years pooh-poohing this technique. Here's what I used to say to myself: *"Tapping sounds goofy, and looks even goofier, and it probably doesn't work anyway."*

Now I am a Raving Fan and I eagerly look forward to the weekly updates from their newsletter, which is filled with upbeat stories of physical and emotional breakthroughs. If you're at all intrigued, check out their book and audio, **The Tapping Solution**, [available at Amazon](#).

Amazingly, tapping even works on animals. Using what is called surrogate EFT, tapping practitioner Andy Bryce helped me transform our 11-year-old cat, Bambi, from always being hysterical in the car — even during a two-minute drive — to a model traveler during a trip by car and ferry that lasted four hours!

## 6. Be Certain This is The Right Decision for You

Unless your doctor suspects cancer, or another life-threatening condition, perhaps you can simply postpone your decision for now. (Be sure to consult with your doctor, of course.)

You can simply decide not to decide. And then let yourself relax with that choice.

You know, with any surgery, there are risks. So ask yourself: "In my mind, do the potential rewards of a hysterectomy outweigh the risks?"

Yes

No

Not sure

Unless your answer is a whole-hearted "Yes!", it's probably a good idea to book an appointment with your doctor to discuss your fears.

## 7. Learn Everything You Can to Prepare Well and Recover Well

If you DO decide to have a hysterectomy, it's just not helpful to keep going back and forth over the pros and cons. Your focus now must be to do everything you can to prepare for a successful surgery and recovery.

This means:

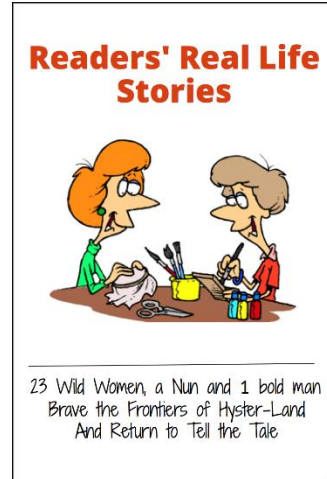
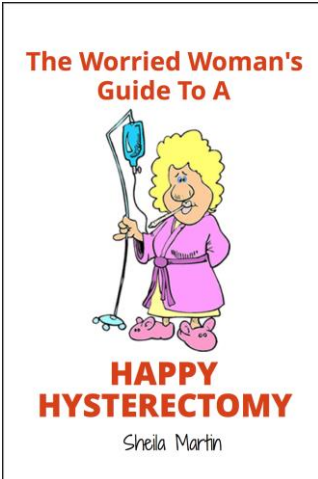
- ✓ Preparing your body
- ✓ Preparing yourself mentally and emotionally
- ✓ Preparing your environment

For instance:

1. Try to be in good physical condition before surgery. This might be as simple as walking more, or learning [how to reduce your belly fat](#). (My husband and I went grain-free several hours ago, had great results, and then got distracted by life. We're back now and fully committed to this new way of eating.)
2. Do you have a lot of To-Do's that have been nagging you at home and at work? See how many you can knock off your list before the big day. You'll have lots less on your mind.
3. Think of ways to turn your bedroom into a retreat, so that your recovery can be a time of renewal.

### Need more help?

If you'd like some help with all of this preparation, I'd be honored to be a part of your journey ... through my eBook, **The Worried Woman's Guide to a Happy Hysterectomy** (plus two bonuses) at <http://www.HappyHysterectomy.com> ...



I'm delighted to report that **The Worried Woman's Guide** has helped many thousands of women through their hyst. (And I get wonderful "thank you" emails from my reader-friends almost every day.)

Well, we're done now. I hope you found an idea or two here that will make things a little easier for you. All the best, and let's talk soon,

**Sheila Martin**

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