

Think of your recovery as a positive journey you're taking to enrich your life and health. After surgery, it's important to find ways to be positive and to feel as good as you can. Studies show that some patients experience depression after major surgery, such as heart surgery, which can slow down recovery. For those already managing depression, surgery may bring more challenges.

Focus on what you can do to support your recovery and tell your health care professional if you notice new or worsening symptoms or feel you are struggling emotionally. **Remember you are not alone.** Reach out to your care team for support and explore strategies, such as counseling or peer support groups, to help you navigate this part of your journey. Write down your progress. It helps to take time to notice the good things that are happening. If you write them down, you will push yourself to note what's going right.



