

# MY RECOVERY ROADMAP

Undertaking cosmetic surgery can be exciting, but also challenging at times. Preparing for the emotional ups and downs of the journey ahead can help you to have a smoother experience.

## COPING STRATEGIES

What could help you to feel calmer or distracted on a difficult recovery day?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Examples: talking to a friend, limiting mirror checks or social media use, meditation, reading a good book, reminding yourself of your goals and motivations.*

## RECOVERY AFFIRMATIONS

Write some comforting or encouraging statements to get yourself through any rough patches.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Examples: "My body is still healing, and I'm giving myself grace. I am allowed to rest and be less 'productive' during this time"*

## HELPFUL CONTACTS

Who can I contact if I'm feeling anxious, down or worried about my recovery?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Examples: a friend/family member, your surgical team, your GP or mental health professional, a psychologist at ReadyMind ([www.readymind.com.au](http://www.readymind.com.au))*