

Grieving loss of good health and accepting a new normal

Patients often have mixed feelings in the months following surgery, sometimes happy, sometimes sad. There are many complex reasons for sadness and has been described by one of our patients as “grieving for loss of good health”. Loss of health in a general sense is a type of “berievement” with typical acknowledged stages. Patients often talk about a “new normal” exchanging treatment of a life threatening disease for a new physical, psychological and emotional state.

If you would like to find out more please search NHS Choices

<https://www.nhs.uk/Livewell/emotionalhealth/Pages/Dealingwithloss.aspx>