Needles!

Avoidance causes more pain, so let’s address your fears head on. Exposure will increase your brain’s confidence! So, what are your fears about needles?

What are your values and motivations?

* Do you want to master your injection fears because they are interfering with your life or do they want to learn strategies to simply get through the COVID-19 vaccination process?

***Coping skills*** can help master one simple injection:

* Deep breaths – reduce fight or flight
* Visualization and imagery
* Progressive Muscle Relaxation
* Distractions!
  + Our brain has only so much capacity to pay attention to any one thing.
* Positive Reframing
  + Focus on what has gone ***well*** in the past with shots
  + Positive self talk: “I got this,” or “I am doing this for a good cause.”
* Numbing Cream
  + Reduce the fight or flight response and lessen the tension in the muscle

Walk through a positive experience in your head!

* When you get there, will you be more comfortable knowing in real time what the nurse is doing, including getting a heads-up before the shot is given? Or would you prefer to distract yourself as much as possible by watching a video or listening to music through headphones?
  + It’s ok to express this to the person administering your vaccine!
  + Imagine this shot going incredibly well and your body responding positively!

