

CREATING COMFORT
FOR TEENS DURING NEEDLE POKES!



1. Make a plan

We all feel better when we know HOW we want to tackle a challenge. Choose some strategies ahead of time so you know what you'd like to do to help yourself feel more comfortable and in control.



2. Speak up!

You know yourself best, and medical providers aren't mind readers. Take control and tell them what you need to be more comfortable!



3. Numbing Cream

To experience pain, a pain signal has to reach our brain. Numbing cream stops the signal before it starts. You need to put in on ahead of time, so you'll have to plan ahead.



4. Vibration

Similar idea. Vibration creates a traffic jam of signals in our nervous system. When it's placed on the skin during a poke it prevents the pain signal from reaching our brain. Weird but true!



5. Distraction

Figure out what you WANT to pay attention to and tune out the world around you. Before and during, choose to focus on something that makes you feel relaxed, like listening to music, watching a funny video, or scrolling through social media.



6. Breathe

Intentionally taking deep, slow breaths lets us take control of our nervous system. It sends the message to our body and brain to calm down and turns down the volume of pain and anxiety.



7. Touch / Connect

Having people we trust around helps us feel more calm. If you'd like, you can ask your trusted person to hold your hand, rub your back, touch your head—whatever feels good and comforting to you. It creates a flood of calming, positive brain chemicals and turns down pain signals.



8. Reward

Sometimes we need a reason to do the hard stuff. Figure out what would motivate you to power through, and set up a plan to make sure it happens when you're all done.



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CHECK OUT THE TAKE CONTROL APP FOR TEENS HERE!