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# THE CARD SYSTEM



These four strategies can help you with your medical procedure.

## COMFORT

Find ways to get comfortable.



## ASK

Ask questions to be prepared.



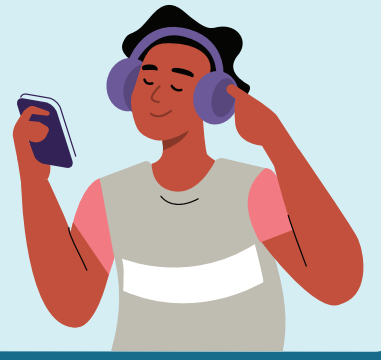
## RELAX

Keep yourself calm.



## DISTRACT

Shift your attention to something else.



### HOW TO GET COMFORTABLE

Wear something comfortable.

Bring an item that gives you comfort.

Use a numbing cream for needle procedures.

Sit up in a chair or lie down.

Hold your parent's hand.

Squeeze your knees together if you feel faint or dizzy.

### QUESTIONS TO ASK

What will happen?

What procedure am I getting?

What will it feel like?

Can I pick the position I am in?

Can I have a snack?

Can I have privacy?

Can I bring a friend or family member?

Can I look at the needle?

### HOW TO RELAX

Take slow deep breaths into your belly, breathing in through your nose and out through your mouth.

Do some positive self-talk (tell yourself you can handle this).

Have someone with you to support you.

Have privacy.

### HOW TO DISTRACT YOURSELF

Talk to someone.

Play a game or watch a video on your phone.

Read a book or magazine.

Listen to music or sing.

Allow yourself to daydream about fun things.

Play the CARD game.

HOW WILL YOU GET COMFORTABLE?

WHAT WILL YOU ASK?

WHAT WILL YOU DO TO RELAX?

WHAT DISTRACTIONS WILL YOU USE?