



IMPROVING THE EXPERIENCE:

Learn how to play your CARDS

COMFORT

Find ways to get comfortable.



ASK

Ask questions to be prepared.



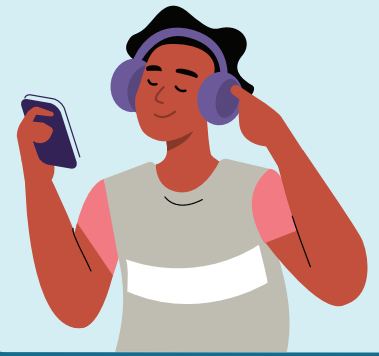
RELAX

Keep yourself calm.



DISTRACT

Shift your attention to something else.



The **CARD system (Comfort, Ask, Relax, Distract)** provides groups of strategies that can be used to make your experience a more positive one. Choose what CARDS you want to play to reduce the stress and pain associated with medical procedures. There's no wrong move. **Look on the back for ideas.**

To learn more about CARD, go to CardSystem.ca.



HERE ARE SOME IDEAS TO GET YOU STARTED:

COMFORT

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 someone's hand.

Squeeze your knees together if you feel faint or dizzy.

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?

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.

DISTRACT

Talk to someone.

Play a game or watch a video on your phone.

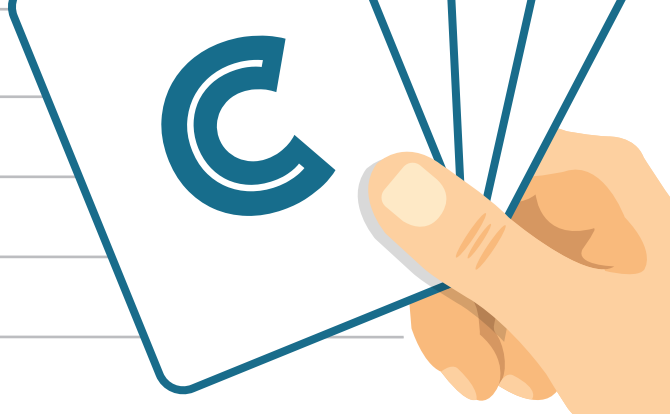
Read a book or magazine.

Listen to music or sing.

Allow yourself to daydream about fun things.

Play the CARD game.

WHAT STRATEGIES DO YOU WANT TO USE?

An illustration of a hand holding four cards. The cards are labeled 'C', 'A', 'R', and 'D' from left to right. The 'C' card is the largest and most prominent, showing a large blue letter 'C'.