



## Tips for Staying Calm During a Blood Draw



### Overview

If you're scared of needles, the thought of having your blood drawn can fill you with anxiety. So let's talk about ways you can stay calm during this quick, simple procedure.

### Communication

First, if you're feeling nervous, make sure you tell the person who's about to draw your blood. Don't keep it a secret. You definitely aren't the only one who hates needles, and your healthcare provider is trained to help you through this. Tell them exactly how you feel. They may have some tricks for keeping you calm. They may even be able to numb your skin to keep you as comfortable as possible.

### Don't watch

When you don't like needles, it's usually best to avoid watching the procedure. So tell your healthcare provider to warn you before it happens. That way you can close your eyes or look away.

### Headphones

Ask if they'll allow you to listen to headphones during the procedure. Your favorite music can be helpful for drowning out the sounds of a medical office. Music provides a nice mental escape.

### Breathing

As you prepare for the needle stick, focus on your breathing. Take full, deep breaths. Inhale and exhale slowly. This helps relax and calm your body. You can do this!

### Conclusion

And finally, remember that a blood draw doesn't take long. Before you know it, you'll be done, you'll have a small bandage on your arm, and you'll be on your way home. For more tips on staying calm during a blood draw, talk to your doctor.