

# “How Do You Feel About Needles?”

“Fine.” - Great!

“Everyone dislikes needles, right?”

“I get lightheaded.”

No problem.  
Is the issue the pain or the anxiety?

- Drink 16 oz 1 hour before  
- Caffeinated drink  
- Sit, put one knee up  
AND...



## Pain

Buzzy® - 1 min.  
Extra Numb - Use ice.



Anxiety  
What helps you manage it?

(Any Answer)  
Try it.

“Nothing.”

**FOCUS:** Count the number of letters with holes in a sign on a wall, i.e. “It’s going to be fine!” has 7.