

6. Try an automatic injector

Automatic injectors are devices that inject the needle for you using your own syringe and needle. This can be helpful for those who experience a mental block when it comes time to inject the needle. Some of them will also hide the needle from view.



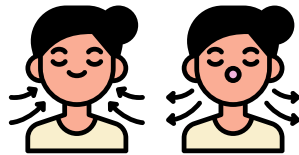
Note: You will still need to depress the syringe plunger, these devices just inject the needle for you.

7. Reward yourself

Reward yourself with something enjoyable after your injection. Doing your favorite hobby, seeing a friend, etc. This can help with motivation when you have something to look forward to after you finish.

8. Use deep breathing techniques

Deep breathing can help calm the nervous system, reduce pain, and alleviate anxiety. Try box breathing before your injection: breathe in for 4 seconds, hold for 4, exhale for 4, and repeat 4 times. There are many different deep breathing techniques! If you have a history of fainting during injections, talk with your provider first before practicing deep breathing techniques.



If you continue to struggle with self injections and want assistance, you are able to come into the clinic and have a Medical Assistant do the injection for you via appointment. Or, we can teach a friend or family member how to do the injection for you. You can also talk with your provider about alternative options such as patches, creams/gels, prescription one time use auto-injector pens, or pills (pills are for estrogen only).

Tips for Working Through Injection Anxiety



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If you inject your hormones but struggle with injection anxiety, you are not alone! Many people find injections difficult for many reasons. Here are some tips you can try to help make the process easier:

1. Create your own space

Curate a comfortable, clean space that you use each time you do an injection. You can decorate it, use candles, or anything else that makes you feel safe and calm. Doing your injection at the same time every week can be helpful as well.

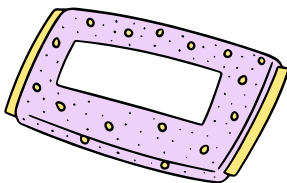


2. Listen to music

Music can help distract and relax you. Try listening to your favorite music, calming music playlists, or listening to podcasts or watching TV.

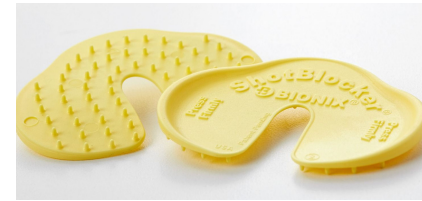
3. Use an ice pack to numb the area

Ice can help temporarily numb the skin. Use a clean ice pack to numb the injection site just before injecting by pressing it against the skin. You may want to wrap it with a thin towel if it is too cold. Make sure to use an alcohol swab to clean the area after you ice and before you inject.



4. Use a shot blocker or injection aid

A shot blocker is a small, non-invasive device that is pressed next to the injection site. There are small bumps along the underside that are pressed against the skin to reduce pain of the needle injection by distracting the nerves in the area. Shot blockers are available for purchase at Family Tree.



A Diaspider is one example of an injection aid. It helps grab the tissue and hold it still for the injection while stimulating the nerves around the injection. The Diaspider is for subcutaneous injections only.



5. Try sweet or sour candy

Consuming sour candy is often used to help calm panic attacks and can also be used to relieve injection anxiety. If you don't like sour, you can try sweet instead.

