

APPLIED TENSION TECHNIQUE

PROVEN WAY TO REDUCE FEAR OF NEEDLES AND FAINTING



Why do I faint at the site of needles and blood?



Your heart rate and blood pressure drop suddenly.



Reduced blood flow to your brain causes you to lose consciousness or faint.

What can I do about it?

Learn and practice the **Applied Tension Technique (ATT)**



Five Steps of Applied Tension Technique (ATT)



- 1 Sit in a chair or somewhere comfortable.
- 2 Tense the muscles in your arms, upper body and legs for 10-15 seconds. Do NOT tense the muscles in your head or face.
- 3 Hold the tension until you feel a warmth spread into your face or head.
- 4 Release the tension and return to your body to its normal sitting position.
- 5 Repeat this four more times and practice several times a week at least one week before you scheduled vaccination, blood draw or needle biopsy.

How does this work?



When you practice ATT, it raises your blood pressure. As your blood pressure increases, you are less likely to faint, feel dizzy or lightheaded.