

ONWARD4U

Breathing Exercises and Other Self-Injection Tips

| Self-injection anxiety is normal.

It's estimated that around 1 in 10 people have a fear of needles. However, there are techniques that may help with self-injection. You may find it useful to practice some of these relaxation methods before you start self-injecting.

| Calming Breathing Exercise



Slowing your breathing is a simple way to relax. Practice this calming exercise to focus your breath and settle your mind.

- Make sure you're sitting comfortably, with your back upright but not stiff.
- Relax your shoulders and jaw.
- Breathe in slowly through your nose, deep into your stomach.
- Now breathe out slowly through your mouth.
- Make sure you're breathing into your stomach — when you place your hand on your stomach, you should feel it gently rise and fall — and breathe comfortably, without forcing it.
- Repeat a few times.

| Mindfulness Activity



Injections can be accompanied by anxiety. You can practice mindfulness by taking a moment before injecting to focus on your senses and feelings with a simple handwashing exercise.

Handwashing Exercise

While washing your hands before your injection, you can:

- Pay attention to the temperature of the water and how it feels.
- Take note of how your hands move over each other as you wash them.
- Notice the smell of the soap.
- In the moment, reflect on how washing your hands makes you feel.

| Make it comfortable.

Try to make the activity of self-injecting as comfortable as possible.

- Bring refrigerated syringes up to room temperature (safely, per instructions).
- Your healthcare team may have other techniques that may be helpful and can guide you through techniques that are the most appropriate for you.



Focus on why you're dedicated to your treatment and how you'll feel when you reach your goal of successfully self-injecting.

To download printable copies of this form and access more materials from ONWARD®, such as an *Injection Tracking and Site Rotation Guide*, scan the QR code or visit **ONWD.care/4U-Z**.

