

2

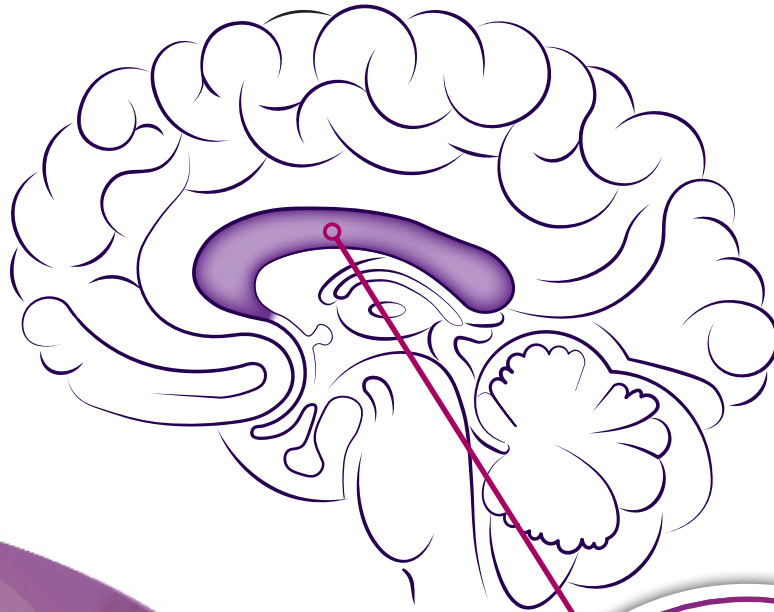
Common fears & reducing pain

This module has been created to help you reduce your worries about catheterising and to learn different techniques to calm your mind and body during the process.

Before we get started, please fill in your pixel tracker from page 2.



In the last module, you reflected a little on your journey to this point. Now, we're going to look at the specifics of your worries and concerns about catheterising.



When we get anxious or fearful this is represented by activity in the middle of our brain.



Getting clear on your fears

Step 1: identifying a specific worry or fear

Think about a something that worries you. Take some time to think about the following questions.

1

What do you worry will happen?



2

What can you see?



3

What do you feel?

Getting clear on your fears continued...

4

What can you imagine happening next?

5

How will that affect your day?

6

**Do you worry it will have an effect for longer
than one day?**

7

If so, how long? What does it look like?

Step 2: Which fear is most worrying?

Using these questions as a starting point, write down as many specific negative possibilities you can think of, which feel likely due to catheterising.

Number the negative possibilities in order of which is the most worrying (1 being the most worrying).

Negative possibilities	Order

The nervous system dial

This is the “nervous system dial,” it explains the three modes that our nervous system operates in.

Mark with a tick where you fit on the nervous dial at the moment.

1

Red

Sensations = agitated, heart racing, shallow breathing, quick brain, tingling

Emotions = anxious, excited, rushed, urgent, stressed, determined

Thoughts = I need to..., I should, how do I figure this out?

2

Purple

Sensations = heavy, tired, slow, full, fatigued

Emotions = low motivation, low, sad, guilt, numb

Thoughts = I can't be bothered, things can't change, I'm stuck, this will last forever

3

Green

Sensations = light, energised, loose, flexible, still

Emotions = relaxed, calm, content, satisfied, safe

Thoughts = now is ok/good, I'm getting somewhere, I can do... this is enjoyable



Practice calming the nervous system

By practicing this exercise, you will gradually get to know and understand your body better.

Try practicing this exercise at different points during the day to check-in on your body in different states.

Now it's time to set your practice goal: thinking about your routine write down your answers in the boxes below.

1. Are there specific times of day you could do the exercise?

2. Are there things in your routine that usually signal your body to rest, or triggers a freeze mode or fight/flight mode?

Behavioural contract

Take some time to fill in the details below as to how often, when and how you will track your progress in your behavioural contract.

Adding a reminder to practice calming the nervous system and reviewing your progress in your calendar may be helpful.

I will practice this nervous system check-in at least _____ times every day.
(e.g., 2)

I will practice this _____
(e.g., when I wake-up, before catheterising, after dinner, before bed)

I will mark each completed session on my calendar and review my progress every _____
(e.g., day of the week)



Let's reflect

During module 2 we have learned more about behavioural experiments and techniques for calming your mind and body.

Over the next week, practice by setting up your own behavioural experiments and practising calming techniques.

Which behavioural experiments will you set up and test out?

What skills will you use in calming your body down?

Contact our me+ Continence Care Support Team for additional resources:

Australia: Call 1800 335 276 or
email connection.au@convatec.com

New Zealand: Call 0800 225 4309 or
email connection.nz@convatec.com

Before you go, how are you currently feeling about catheterising?
Log your current rating of anxiety about catheterising by ticking a number.

Visual scale with three faces and arrows:

- Face 1 (Sad): 1
- Face 2 (Neutral): 5
- Face 3 (Happy): 10

Numbered scale:

1	2	3	4	5	6	7	8	9	10
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Notes





Guiding the way to confident living
with intermittent catheterisation

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