

## Patient information

### Anxiety Information- easy read

Clinical Psychology Service

Anxiety is a feeling of worry. Everyone feels anxious sometimes. Anxiety can look like:



Feeling dizzy



Trouble sleeping

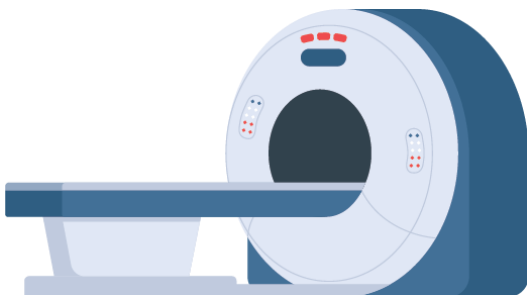


Feeling shaky

Sometimes anxiety can stop us doing things we want to do. There are things we can do to help anxiety.

### Scanxiety

Some people use the word 'Scanxiety'. This means feeling worried about a scan. A lot of people feel anxious about having a scan. This is normal.



- Some people feel worried about what the results will be.
- Some people do not like the experience of having a
- These feelings might stop you from going to your appointment.

# How to help Scanxiety

## Before your appointment



Check if someone can come with you.



Make a plan for how to get there



Ask questions about the scan if you would like to



Take an activity to do in the waiting room

## During your appointment



Practice breathing and distraction techniques



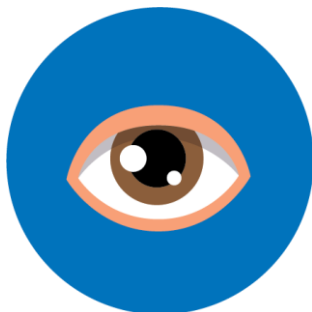
Use sensory supports like listening to music or cuddling a blanket

**After your appointment, do an activity you enjoy.**

## Skills to try

### The 5-4-3-2-1 method

In your head, list:



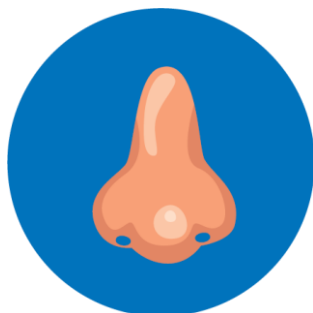
Five things you  
can see



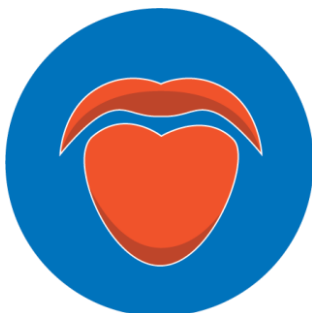
Four things you  
can hear



Three things you  
can touch



Two things you  
can smell



One thing you  
can taste

## Box breathing

Breathe in for 4 seconds Hold for 4 seconds Breathe out for 4 seconds Hold for 4 seconds



## Additional support



**Communication cards** - Can be used if you find letting someone know difficult to say out loud. Scan the QR code below to access these cards.

## Feedback

Your feedback is important to us and helps us influence care in the future. Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## Further information

### The Macmillan Support Line

The Macmillan Support Line. Free support to people with cancer and their loved ones. It's free to call from landlines and mobiles within the UK.



**0808 808 00 00 (8am-8pm)**

### Cancer Research

Visit the Cancer Research UK website:



**<https://www.cancerresearchuk.org/>**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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