

Creative Transformations, LLC

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SCANXIETY: Taming the Beast

Mobile First Aid Creativity Kit:

- Art journal (spiral binders lay flat)
- Pens and pencils
- Travel pencil sharpener
- Easy art supplies- watercolor pencils, oil pastels
- Knitting or crochet supplies
- In a bag that you can easily grab and go

Suggestions of how to respond to SCANxiety before or after a scan

- Meditative art process- like the experiential that we did just now
- Journaling- writing or drawing the sensations, thoughts, concerns, etc to get relief from repetitive nature of worrying
- Adult coloring books- less reflective but offer structured art making which can feel grounding and safe
- Engaging in craft making, knitting, crochet, etc to refocus brain

Suggestions of how to respond to SCANxiety during a scan

- Visualization- take your 5 senses somewhere else (often helpful to have a safe place already developed prior to the scan)
- Belly Breathing- into the belly first- then rise up through the torso
- Talisman/comforting object- like a smooth stone that you can rub