

Feeling Anxious about the Covid test?



It's normal to feel anxious about something you haven't done before or something you've done and wasn't a pleasant experience.

Challenge unhelpful thoughts

Having negative or unhelpful thoughts about the covid test can make us feel more anxious, worried, nervous or distressed.



Take a breath, relax your muscles, challenge those unhelpful thoughts and choose some coping thoughts to help reduce your stress and anxiety.

 Unhelpful Thought	 Coping Thought
I don't want to do the test.	I would prefer not to do the test but it's important to be tested to help stop the virus spreading.
The test is going to be awful.	The test may be uncomfortable but I will get through it.
I can't do the test, it's too difficult.	It can be tricky to do the test but I can take my time and ask for help if I need it.
I'll be sick if I put the swab down my throat.	It is normal to gag when I do the covid test but it is unlikely to make me sick.
My eyes will water if I put the swab up my nose, I'll look like an idiot.	It's normal and a sign I've done the test right if my eyes water.
I won't be able to do the test correctly.	If I don't do it correctly, it's okay, I'll just be asked to do it again.
Everyone will be looking at me.	Everyone in the room is concentrating on doing the test themselves, they are not looking at me.
People will laugh if I... cough, gag or my eyes water.	I can't predict the future, just because I think people will laugh doesn't mean they will.
People will think I'm stupid if I can't do the test by myself.	Some people need to help with the test, this is normal. I also don't really know what other people are thinking, I'm not a mind reader.
I've done the test before and hated it.	I didn't like the test before but I got through it.
I can't stop thinking about the test.	The test is just a small part of my day, it will be over in a few minutes and then I can get on with the rest of the day.

Tell the person helping you with the test that you are feeling a bit anxious. Telling someone how we feel, means the other person can help and support us.