Anxious about getting the COVID-19 Vaccine?

This is normal. These are new vaccines, people are not used to them and there is discomfort around the unknown. Also, some people just don't like needles or getting shots.

Here are 7 easy tips for coping with vaccine anxiety.

STEP 1: Acknowledge your anxiety and recognize it is normal to feel this way.

STEP 2: Face your anxiety. If you are avoiding thinking about or making a decision on whether or not to get the vaccine you are not in control, your anxiety is. Take control back by facing it.

STEP 3: Educate yourself on the safety and efficacy of the vaccine from a reliable source such as the Centers for Disease Control (CDC) at https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html

STEP 4: Connect with the deeper reasons of getting vaccinated. Might getting vaccinated make you feel safer at work? Once you are vaccinated, does that open doors to spend time with family that maybe you haven't seen in a while?

STEP 5: Breathe. Here's a simple 4-7-8 calm breathing exercise

Inhale for a count of 4 • Hold for a count of 7 • Exhale for a count of 8

STEP 6: Relax and get out of your head with the 5-4-3-2-1 grounding technique. Name out loud:

- 5 things you see around you
- 4 things you can touch
- 3 things you hear
- 2 things you smell
- 1 thing you taste

STEP 7: Connect with Colorado Spirit. If you have questions, concerns and/or are looking for someone to talk through these issues with you, our outreach specialists want to connect with you. They are disaster responders providing support to our community members and they can help.

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