East Midlands cancer alliance

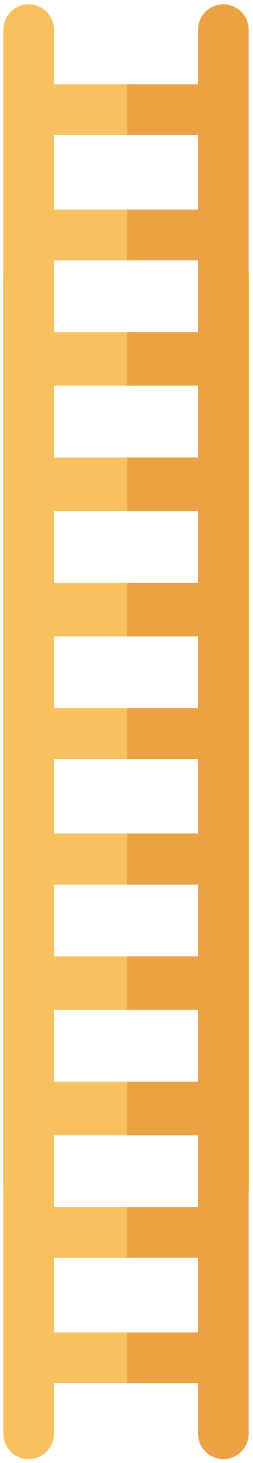
NHS Nottinghamshire Healthcare NHS Foundation Trust

# Anticipatory Nausea Ladder

Use this template to make a "ladder" of situations which make you feel sick. Towards the top put the most challenging situations (e.g., seeing the nurse prepare treatment equipment), and towards the bottom put those where you experience some sickness, but you aren't as bothered by it (e.g., driving to the hospital). You can also rate how sick you feel in each from 0-100%.

Starting at the bottom of the ladder, approach each situation while doing the Deep Breathing (bit.ly/3AKfM7L) or Progressive Muscle Relaxation exercises (bit.ly/3awgNpJ) from this course to manage nausea, perhaps with the help of a friend. Once you're more comfortable, gradually work up the ladder to settings you find more challenging - this will help your mind and body un-learn the reaction of feeling sick over time.

You can download and print out a copy of this from the EMCAVS website: bit.ly/32kGo3t or draw out your own version



| Situation | Level of Sickness (0-100%) |
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