**If you faint in response to needles, use this applied tension technique**

Applied tension is a simple technique to increase blood pressure back to normal levels so that you do not faint. This is how you do it.

1 Sit down somewhere comfortable.

2 Tense the muscles in your arms, upper body and legs, and hold this tension for 10 to 15 seconds, or until you start to feel the warmth rising in your face.

3 Release the tension and go back to your normal sitting position.

4 After about 20 to 30 seconds, go through the tension procedure again until you feel the warmth in your face.

5 Repeat this sequence so that you have practised the tension five times. If you can, practise this sequence three times every day for about a week, before moving on to facing your fear.

 If you get headaches after doing this exercise, take care not to tense the muscles in your face and head. Also, be careful when tensing any part of your body where you have any health problems.