

Preparing Yourself & Your Mind for Oral Food Challenges

Helpful Note: Exploring Food Allergy Families podcast episode 13 offers tips on navigating oral food challenge anxiety. Listen via any podcast app or at www.FoodAllergyFamilies.com

Oral food challenges are done under the guidance of an allergist. Even so, it's common to feel anxious in anticipation, especially if it's your first experience with a food challenge.

When experiencing anticipatory anxiety or nervousness about a future event, it can be useful to prepare yourself. This worksheet will help you plan for the actual appointment, but also prompt you to explore your thoughts and mindset about the challenge. Use this as a guide to prepare yourself, build confidence and identify questions to address with your allergist. *(Use back for more space)*

Before the Oral Food Challenge

- My motivation for doing an oral food challenge:
- Anticipatory thoughts and feelings:
- Bodily sensations felt when I think about the challenge:
- Calming strategies to practice for the challenge:
- Questions or things I want to know about oral food challenges:

Day of the Oral Food Challenge

- Items to bring to the appointment:
- Empowering thoughts and calming strategies I'll use:
- Thoughts/feelings/information I want to share with the allergist:

After the Oral Food Challenge

- Thoughts and feelings about how the oral food challenge went:
- Advice I'd share with a friend who is preparing for an oral food challenge: