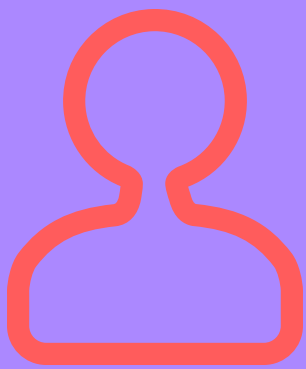


PANIC PLAN

Things to try during high anxiety or panic attacks

SEEDSINTHEWASTELAND.WORDPRESS.COM

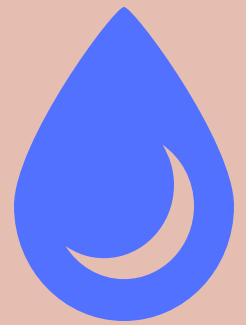


SIT OR STAND UP

Lying down may restrict your breathing. Sit or stand so you can take deep breaths, and pace away any excess energy if you need.

DRINK WATER

Sip it slowly, and the colder the better. Focus on taking small sips and how it feels. Dehydration is not the anxious body's friend.

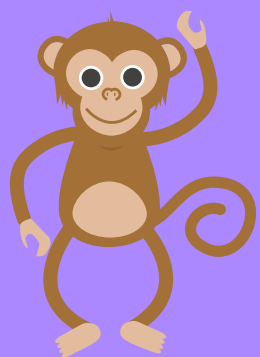


OPEN THE WINDOW

Breathe in fresh air, and take note of any new sensations - smells, temperature, sounds..

BREATHE

Breathe in slowly for three counts, then out for three counts. Try to hold your breath just for a moment between inhalation and exhalation.



FIDGET

Give your body something to do and a way to channel some of the adrenaline, whether it's a fidget toy, clicking a pen or just grabbing a random object..

DISTRACT

Try to distract your mind with something that requires little energy but full concentration - games, puzzles etc.

