

- 1** *Remember panic feelings are only normal reactions that are exaggerated – they are not dangerous.*
- 2** *They are not harmful and nothing worse will happen. The feelings will soon pass.*
- 3** *Notice what is happening in your body now. Stay with the present. Slow down, relax, but keep going.*
- 4** *Thinking about what might happen is unhelpful. Only now matters.*
- 5** *Accept the feelings. Let them run through you and they will disappear more quickly. Try not to fight the panic. Float over it.*
- 6** *Monitor your level of anxiety: 10 (worst) to 0 (least). Watch the level go down.*
- 7** *Stay in the situation. If you run away, avoid or escape, it will be more difficult in the future.*
- 8** *Take a few slow, deep breaths. Breathe from your stomach – say the word ‘calm’ as you breathe out.*
- 9** *Consciously relax your tense muscles. Feel yourself relaxing. Drop your shoulders.*
- 10** *Now begin to concentrate again on what you were doing before. Slowly move on when ready.*