

1. Acknowledge and accept you are having anxiety or a panic attack. Ignoring it can actually make the attack last longer or increase intensity because you are not dealing with it.

2. Acknowledge how you are feeling-like I can't breathe, there is an elephant on my chest, I'm going to die, everyone is staring at me.

3. Take a deep breath and slow your breathing. Remove yourself from the situation if you need to/if possible, to a restroom, foyer, etc. If not possible, know that you are still safe where you are. Continue deep breathing for a few breaths.

4. Work through each feeling with a question-Am I really going to die? Is there really an elephant on my chest? Is everyone really staring at me? Really? Everyone? Now ask yourself a few worst case scenarios-ie.-what's the worst that can happen if I try to learn to ice-skate in front of all these strangers. Go ahead, think of your absolute worse-case scenarios. Then ask yourself, will that really happen?

5. Look around you-you are safe, you are fine. Notice your breathing is more regulated. Repeat the process if necessary, but in most instances, when you stop thinking "OMG I'm panicking!" and start working through the actual truth of your fears, you are able to calm yourself and continue through the situation. In time with practice, you will breeze through these steps in a matter of seconds, it will become automatic.