

**REPEAT A MANTRA.** Have a go-to phrase of truth you can speak to yourself in times of trouble. For me, some of those phrases are “This will not last forever” and “One day at a time.” “I only have to get through *this moment, this day.*” Research quotes that work for you.

**Deep Belly Breathing.** In for 4 seconds. Hold for 7 seconds. Exhale for 8 seconds.

QUIET YOUR MIND. CLOSE YOUR EYES AND IMAGINE OCEAN WAVES. QUIET YOUR MIND BY ENVISIONING THE WAVES GETTING QUIETER AND QUIETER UNTIL THERE ARE NO RIPPLES ON THE SURFACE

**REFLEXOLOGY.** PRESS THUMB INTO WRIST, OR PALM, OR FINGERNAILS

**Take Notes.** Once you know you’re having an attack, try to jot down a few of the symptoms and thoughts you are experiencing. This can help you put your attack into perspective.

**5 Senses Meditation.** See- look around you, notice the small details. Hear- focus and listen clearly. Feel-internally and externally. Smell-breathe deep, and notice the smells. Taste- what taste do you have in your mouth right now.

**Relax or Stretch.** Start to observe your body during a panic attack, you might find that certain parts of your body clench up during an attack. Make a deliberate effort to tighten and then relax or stretch those parts of your body.

**Talk to Yourself.** When you give yourself permission to have the attack, say it out loud. Remind yourself that the attack will end, and it won’t kill you or cause you to faint. You can do this.

*Grounding. Look around your environment to ground yourself. Think of 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.*

*SMILE. Make yourself to smile more. Make a mental file of people, places, and things that make you smile. Pull something out of this mental file when you are feeling overwhelmed. The positive energy will transfer to your surroundings and echo back to you.*

**Journal.** Keep a journal that tracks your day-to-day experiences with anxiety. By putting your thoughts on paper, you both express your feelings and may also help identify certain triggers that are causing the anxiety. Make it a point to update your journal every night.

**Stress Ball.** They have so many health benefits, including stress relief, nerve stimulation, diversion of attention and mood enhancement. In other words, it's a great idea to have one with you at work or play with it for a bit whenever you feel overwhelmed.

**Take Care of Yourself.** Get lots of sleep. Eat healthy. Drink lots of water. Avoid caffeine and sugar. Exercise. Use relaxation techniques. Laugh.

*Mandalas. Color or draw a repetitive pattern. Use bright colors.*

**Don't Go There:** I make it a rule to never let my thoughts go to the panic thoughts. I stop myself from thinking about stressful things. Yes, this takes practice, but I started to note the thoughts that really make my panic spiral. These ideas are fine to think about when I am not in an attack, but I strictly avoid them during panic. Instead of thinking trigger thoughts, I simply tell myself over and over, "Do not go there."

**Me Time.** YOU should be the priority, so allocate some time for yourself every day. Find something that gives you joy, even if you can only carve out a few minutes each day.

**Practice Gratitude.** Remind yourself about the amazing things that you have in your life. Jot down three to five things that you are thankful about in your journal every day. Doing so will help focus your attention on the positives in your life and provide a sense of all the good in your life.