

Anxiety Panic Reducing Techniques

Kick in Your Logic

1. Count to 10 as slowly as possible.
2. Count backward from 10.
3. Look around the room and name the objects that you see, either out loud or to yourself. Continue doing this until you feel less emotional or less overwhelmed.

Rational Self-Talk

This, too, shall pass.

I am okay right now.

This will be over in a moment. I can stand it a little longer.

I have done this before and I can do it again.

1-2-3 Centering

- * Notice 3 things you can see in the room and concentrate on just those 3 things.
- * Notice 3 things you can hear in the room and concentrate on just those 3 things.
- * Notice 3 things you can feel in your body and concentrate on just those 3 things.
 - Notice 2 things you can see...
 - Notice 2 things you can hear...
 - Notice 2 things you can feel...
 - o Notice 1 thing you can see...
 - o Notice 1 thing you can hear...
 - o Notice 1 thing you can feel...

Breathing

Pay close attention to your breathing. Try to breathe from your belly, not from your chest and slow your breathing down as much as possible. Try counting your breaths.