

*I am not in danger.
This will pass.*



***so you're
having
a panic
attack ➡***

Practicing this
technique will help
your anxiety
decrease over time.

Remind yourself:
“I can feel my
feelings and
be okay.”

Tell each sensations
that it's okay to be
this way right now.

Be gentle with
yourself.

You don't need to
make the panic go
away immediately.

***You are going
to be okay!***

These sensations *feel*
scary but they are not
going to hurt you.

Panic attacks come
from the body's
threat response,
and usually resolve
in **5 to 10 minutes**.

Do the Opposite.
Your instinct is to
force yourself to calm
down. Instead, stay
open and curious to
these sensations.
Imagine you're a
detective making
observations! Describe
the feelings, rather
than labeling them as
good or bad.

The problem is not
these sensations but
the *belief that they
are dangerous*.

Thinking “I have
to calm down” tells
your brain that
these feelings are
dangerous, and
this actually makes
the anxiety **worse**.

Tell yourself:
***“This feels painful,
but it is not
dangerous.”***
***“I can handle this.
It will pass.”***

Show your brain your
are not in danger.