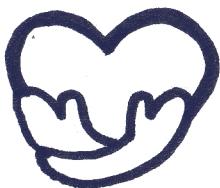


Remind yourself:  
"I can feel my  
feelings and  
be okay."

Practicing this  
technique will help  
decrease over time.  
Your anxiety

# *so you're having a panic attack* ➔



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

by jodi bosin 2025

Tell each sensations  
that it's okay to be  
this way right now.  
Tell your instinct is to  
force yourself to calm  
down. Instead, stay  
open and curious to  
these sensations.  
Imagine you're a  
detective marking  
observations! Describe  
the feelings, rather  
than labeling them as  
good or bad.

"I can handle this.  
It will pass."  
"This feels painful,  
but it is not  
dangerous."  
Tell yourself:  
"Show your brain you  
are not in danger."

*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.

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*.