10 Steps To Stop Panic In Its Tracks

Panic disorder, do you have it? Learn to face it head-on (no BS breathing techniques, this is the real deal).



- [ ] Recognize that you are about to have a panic attack -- you don't want to avoid it.
- [ ] Feel the panic wave hit you and talk to yourself through the minutes...what's exactly happening?
- [ ] Your brain is in fight-or-flight mode, and you want to fight it. Take a seat and put your hand over your heart -- feel how fast your heart rate is. Though it's going fast, your body CAN handle it.
- [ ] Why? Because panic is in our instincts. We were made to feel it in times of fear (going back to ancient times).
- [ ] Coping with it -- you've had it happen before, this time it's no different. Tell yourself multiple times that the wave will pass.
- [ ] Lay down somewhere quiet and dark and put a cool washcloth on your forehead -- the sensation is calming.
- [ ] Make yourself busy. This can be as simple of a task as making a cup of tea; something that will temporarily distract your brain.
- [ ] Worry stones do help! Same goes for focusing on any type of texture. You can find stress balls almost everywhere!
- [ ] Visit YouTube and watch vlogs of people who have the same condition. You are not alone. Watching other people deal with panic is very calming.
- [ ] Take your medicine in your worst case scenario and schedule a visit with your doctor. Panic CAN be treated!

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