

Coping With Intense Anxiety

The following suggestions are referred to as "grounding strategies".

1. Get out of the panic-provoking situation if you need to and if possible
2. **BREATHE**- Deep breaths through your nose increases the air flow to your lungs, and helps reduce your heart rate and panic reaction. Exhale slowly through your mouth.
3. Don't try to control or fight your reactions - accept them and "ride them out" reminding yourself that the panic is not dangerous and will pass
- 4 Call someone and express your feelings to them
5. Move around or engage in physical activity
6. Focus on simple objects around you. Many people find **it** helpful to go through a sequence whereby they identify five things they can see, five things they can hear, five things they can smell, and continue through this process until the panic subsides
7. Touch the floor, the physical objects around you, or "ground" yourself in some other way ie. Plant your feet on the floor, remind yourself of the current time & date, your age..
8. If you are in a place where you can do so, discharge your tension by pounding your fists, venting your anger, or crying
9. Breathe slowly and regularly through your nose to reduce possible hyperventilation
10. Use positive self-talk.(coping statements) in conjunction with slow breathing
11. Ask yourself what is the most supportive thing **I** could do for myselfright now?

Experiment with different coping strategies when you feel panic reactions progressing. Over time you will learn which strategies work best for you.