

PANIC

TEN RULES FOR COPING WITH PANIC

Refer to the following list when you begin to feel anxious or panicky.

1. Remember that feelings of anxiety and panic are nothing more than an exaggeration of normal bodily reactions to stress.
2. They are not harmful or dangerous, just unpleasant. Nothing worse will happen to you.
3. Stop adding to panic with frightening thoughts about what is happening and where it might lead. Stop "awfulizing."
4. Notice what is *really* happening in your body when you feel panicky, not what *might* happen.
5. Wait and give the fear time to pass without fighting it or running away. Just accept it.
6. Notice that once you stop adding to fear with frightening thoughts, it starts to fade away.
7. Remember that the whole point of practice is learning how to cope with fear—*without avoiding it*. This is an opportunity to make progress.
8. Think about the progress you have made despite all of the difficulties, and how pleased you will be when you succeed this time.
9. When you begin to feel better, look around and start to plan what to do next.
10. When you are ready to go on, start off in an easy, relaxed way—*without effort or hurrying*.
11. In order to maximize your benefits from doing this exercise, it would be helpful to write down some notes or thoughts about how thinking about the rules helped or did not help during a panic attack.

Remember to bring your notes about this exercise to your next EAP session.



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