

COPING WITH SYMPTOMS OF PANIC

Repeat the following using a firm inner voice:

- I will not faint, I will not die, I will not lose my mind
- I can cope with these feelings and other symptoms
- I need to trigger the **Calming Response**



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The Calming Response



1. Gently inhale through my nose and fill my lower lungs
2. Slowly breathe out and say “relax”
3. Repeat 10 times or until my breathing is under control
4. Focus directly on the task I have to do

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