

Things to Remember When Experiencing Panic

1. You are not going crazy your body's alarm system (autonomic nervous system) is merely over reacting temporarily.
2. Your alarm reaction (panic) is very short term and will reset back to its normal monitoring quite quickly. The result is a calming of the fight or flight reaction.
3. When experiencing the anxious, panic feelings realize these sensations are about the same you would feel after a strenuous workout. These heightened body and emotional reactions are no more serious than that.
4. There is a difference between fear and danger. When having a panic episode, you are feeling fear but this is not dangerous.
5. To reduce your alarm reaction and turn down the sensitivity on your automimic nervous system do the following:
 - A. Imagination causes but also removes panic. Realize you are probably quite good at imagery because your over use of it in part has caused your panic. So, use your imagination in a positive way to reduce your fear response. Develop calm imagery you find relaxing.
 - B. Use your supportive parent self-talk to calm the fearful inner child within you.
 - C. Relax your muscles.
 - D. Breath in a calm fashion by taking in a breath to the count of 3 and exhaling slowly to the count of 6. This has a powerful effect on producing calmness.
 - E. Be careful not to use avoidance solutions. Do not avoid doing activities or being in places where you have previously felt feelings of panic.
 - F. Repeat the following phrase to yourself at least 5 times a day to establish a new and lower level of autonomic nervous system response.

"The world is much safer than I think it is"

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