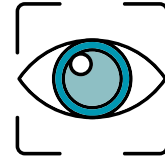


1

Recognize



Take a moment to recognize what your body is experiencing. What sensations are coming up? Where in your body do you feel them? Simply notice these feelings without any judgment.

2

Normalize



Acknowledge that this feeling is a common bodily response. In what other situations does your body react this way? It may feel strange or uncomfortable, but these sensations are a normal part of being human.

3

Reassure



Remind yourself: You are safe. Your body is responding in a way that is normal, even if it feels unsettling. These sensations may feel odd, but they are not dangerous.

Recognize



Normalize



Reassure



heart racing

Hello heart, I feel you thumping loudly to get my attention. You have my attention!

My heart races when I panic; my heart races when I go for a run. It feels a bit odd, but it's completely normal.

I trust that I am safe. No harm will come to me or my body. I will outlast these feelings.



sweating

Hi there sweat, I feel you trickling down my head. You feel warm to the touch.

I sweat when I panic; I sweat when I exercise. It feels a bit funny, but it's not dangerous.

Hello panic, I see you. You make me feel funny, but I'm not scared of you.



dry throat

My throat feels all dry and tight.

My throat gets dry when I panic; my throat gets dry after a good night's sleep. It's a funny feeling, but I am healthy.

I feel the weight of my body in this chair. I feel my feet planted on the ground. I feel my hands resting gently on my lap. I am uncomfortable, but I am safe here.



dizziness

I feel my head spinning.

I get dizzy when I panic; I get dizzy on roller coasters. It doesn't feel great, but I am safe.

I love and accept myself. I love and accept these feelings. I love and accept my panic.



tight chest

I notice my chest feeling tight.

My chest gets tight when I panic; my chest gets tight when I'm cold. It feels a bit weird, but it is normal.

Come what may, I am not worried. I've got this! This panic is nothing new, and it's certainly nothing I can't handle.