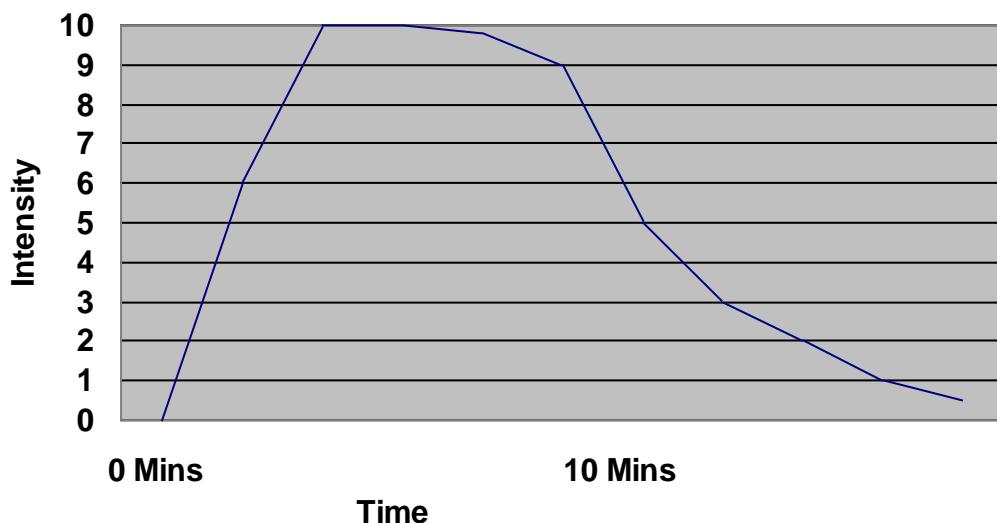


# Taking Control of Panic

Anxiety symptoms peak quickly and begin to ease off in approximately 10 minutes, unless further fueled by worry thoughts.

It is very helpful if you can take steps to control the panic at the first hint of increasing anxiety. This may prevent a full blown panic attack.



## Steps for taking control of panic

- **Distract** yourself when you first notice the anxiety
- **Start** deep, slow belly breathing
- **Use** positive affirmations
- **Notice** the anxiety – don't fuel it
- **Go** to a safe place in your mind
- **Remind** yourself that anxiety will pass
- **Repeat** all these steps as needed