

**YOU WILL NOT DIE, NO ONE DIES FROM ANXIETY/PANIC**

**THIS IS TEMPORARY, IT WILL PASS, IT ALWAYS DOES**

**YOUR BODY IS CONFUSED, LOOK AROUND, YOU ARE SAFE**

**NOW DO THE FOLLOWING TO REGULATE AND CALM:**

- Close your eyes, take in as deep a breath as you can while tensing the entire body and hold for 4 seconds
  - Now let entire body relax and collapse as you breathe out
- Interlace fingers together, hands behind head, pull elbows back to open the lungs and chest, do 4x4 breathing
  - Breathe in to count of 4, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds, repeat
- Identify an object you can see around you, focus on it and describe in detail, repeat with a sound, touch, or smell
- Call someone to ground and challenge negative thoughts

Crisis Line: 1-800-273-8255 or text "HOME" to 741741  
Contact: \_\_\_\_\_ PH# \_\_\_\_\_

THE  
ANXIOUS MAMMAL



PANIC CARD

[WWW.THEANXIOUSMAMMAL.COM](http://WWW.THEANXIOUSMAMMAL.COM)