

THE ANXIOUS MAMMAL



PANIC CARD

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

THIS IS TEMPORARY, IT WILL PASS, IT ALWAYS DOES

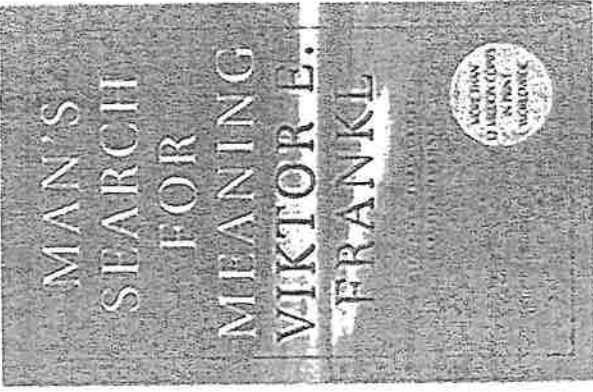
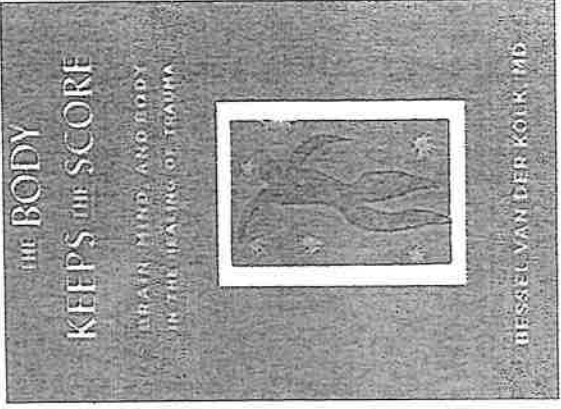
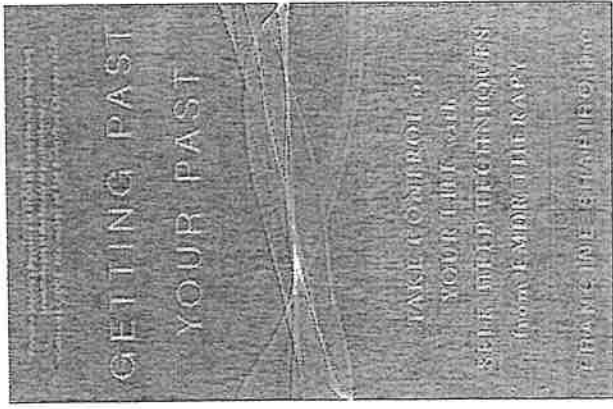
YOUR BODY IS CONFUSED, LOOK AROUND, YOU ARE SAFE

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-an describe in detail, repeat with a sound, touch, or smell
- Call someone to ground and challenge negative thoughts

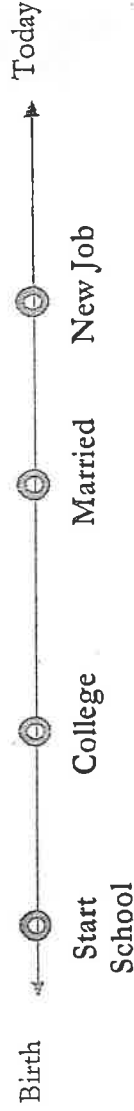
Crisis Line: 1-800-273-8255 or text "HOME" to 741741
Contact: _____ PH# _____

Recommended Reading

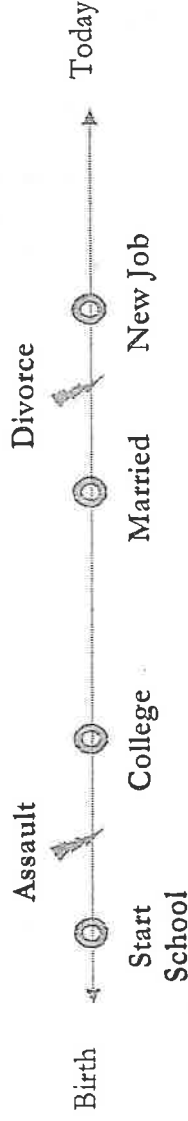


Trauma Experience: Puzzle Analogy

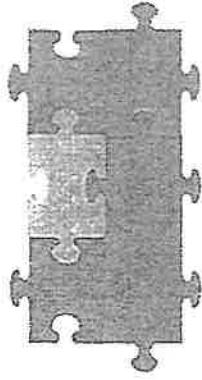
Our experiences are recorded as memories on a chronological timeline. This allows our brain to understand past, present, and future. Events are marked along this timeline.



Trauma causes an interruption in this timeline. A trauma memory is not processed and stored like other memories into our Adaptive Information Processing (AIP) system. The AIP helps us navigate future situations by using past experiences + present information.



When we take in an experience it is like collecting multiple puzzle pieces that then create a complete picture. So each event on our timeline is a complete puzzle that contains many pieces of information.

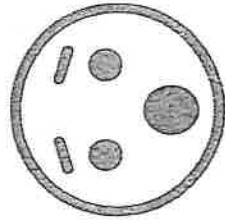


SEE - HEAR - TOUCH - TASTE - SMELL

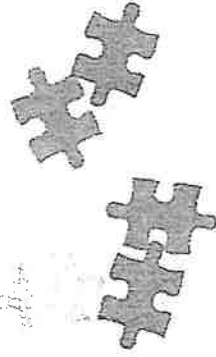
PERCEPTION

These pieces make a complete picture, or event, that is processed along the timeline like normal. However, trauma remains fragmented and is not a complete puzzle. This means the brain is confused on when the event occurred, so it could be past, present, or in the future.

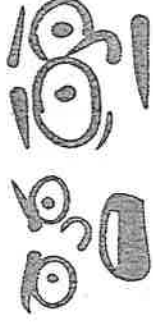
There is then a trigger, or external experience, that activates this fragmented trauma puzzle. When this happens, the mind believes the traumatic experience is happening or is about to happen again. The mind then triggers the body to prepare for fight or flight by activating chemicals to increase blood flow, breathing for oxygen, adrenaline for power and speed, etc.



TRIGGER



TRAUMA ACTIVATED
BRAIN CONFUSED



FIGHT or FLIGHT

ANXIETY MANAGEMENT TECHNIQUES

Spiral Technique

- Bring to mind the disturbing image or event, notice any sensations that arise in your body
- Rate the disturbance level as it feels now from 1-10 (10 high)
- Identify where you feel it in your body most
- Imagine there is an energy forming in that spot, any color or size
- No imagine the energy begins to spiral, does it spiral clockwise or counterclockwise?
- Now try to change the direction of the spiral to go the opposite way
- Notice any changes in your body
- Bring up the original memory or event and from 1-10 how disturbing does it feel in this moment?

Ice Water

- Get a large bowl of cold water and add ice
- Take in a deep breath and hold while you lower your face into the water
- Put your attention on how the cold feels on your face, describe it

4x4 Breathing

- Interlock your fingers and place your hands behind your head
- Pull your elbows and shoulder blades back to open your chest
- Breathe in through your nose and into your belly to a count of 4, expanding your belly and not the chest
- Hold your breathe for a count of 4
- Now exhale through your mouth to a count of 4
- Repeat 4 times

Noodle

- Sit or lay down
- Take in a deep belly breath and at the same time tense your entire body
 - Curl your toes, tighten fists, pull elbows into sides, scrunch your face, etc.
- Hold the tension and your breath for a few seconds
- Now release the breath forcefully and let your entire body relax
- Collapse into the chair, ground, or bed as though your body is a noodle, no effort to hold up

Vagus Nerve Vibration

- Download any free "vibration" app on your phone
- Lay down, turn on phone vibration, lay phone on your chest
- Put your attention on the vibration in your chest
- At the same time, breathe into your belly through your nose and hum deeply as you breathe out
- Maintain your attention on the vibrations throughout your upper body

Anxiety and Panic Recovery Plan

Fill this out when you are in a calm state. Have it somewhere easily accessible, preferably visible and in a spot you look at often. When you experience anxiety or panic increasing, pull this out and follow it step by step to calm and regulate, grounding in the present and shifting your nervous system.

PREPARE: Write down a scene, memory, or thought in detail that makes you feel safe, calm, and relaxed. Be detailed, describing what you see, hear, smell, etc.

1. Close your eyes and focus on this safe, calm place you described above. Notice the sounds, sights, and smells. While you do this, cross your arms across your chest and tap your shoulders alternately (right, left, right, left, etc.). Do this for about 30-60 seconds.
 2. Interlace your fingers, put your hands behind your head, pull elbows back to open chest, and take a deep breath in through your nose. Breathe into your stomach, not your chest. Release the air through your mouth, repeat three times.
 3. Sit or lay down. Take in a deep breath while you also tense your entire body, elbows in, hands clenched, face scrunched; like you are trying to make yourself as small as possible. Hold the breath and tension for 3 seconds. Then relax every muscle in your body and collapse like jello. Release all tension. Notice the tension leaving your body.
 4. Notice items your peripheral (side) vision, soften your gaze, take in the whole scene.
 5. Drop your tongue from the roof of your mouth and relax your face, then forehead, then cheeks, and then jaw. Drop and relax your shoulders, letting them fall away from your ears.
 6. If possible, splash cold water on your face or take a cold shower to activate nervous system's calming response. Get a bowl of ice water and dip your face into it a few times.
 7. Now place hands behind head again, breathe into your belly through your nose as you count in your head to 4, hold the breath for 4, breathe out through your mouth to the count of 4, repeat 4 times (4x4 Breathing).
- Now get up and move around to show your mind you are active and not in danger. Start or continue your day while you focus on your memory or image. If you can, use your senses by smelling favorite/calming smells or listening to favorite sounds/songs.
- Go to the next page and engage in your listed sensory items.

5 Pillars Worksheet

When one focuses on building habits in these five key areas, in most cases they can eliminate most to all ailments or symptoms, even when managing a diagnosed mental illness. The body requires balance and homeostasis to operate at its full potential and effectively manage distress in any form.

Physical Activity: Anything you do that puts a load on your muscles and increases heart rate for a period of time (gym, walk, soccer, sit-ups, bike, swim, etc.)

Main Goal: What do you want to achieve as your final ongoing habit that manages and maintains your physical health? Examples: Workout 5 days/week, Lose 30 pounds, Run a 5k,

Specific, Measurable, Achievable, Relevant, Time-Bound

Objectives: Trace backwards from your main goal to identify an objective (smaller goal) that is slightly easier to obtain.

Objective _____

Objective _____

Objective _____

Nutrition: This considers the type, amount, and frequency of foods you eat as well as hydration and decreasing the intake of refined sugars and processed foods

Main Goal: What do you want to achieve as your final ongoing habit that improves your nutrition and hydration? Examples: Drink 1 gallon water, no sweets, no soda, vitamins, etc.

Specific, Measurable, Achievable, Relevant, Time-Bound

Objectives: Trace backwards from your main goal to identify an objective (smaller goal) that is slightly easier to obtain.

Objective _____

Objective _____

Objective _____

