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### **Ten Suggestions For Coping With Panic**

1. Remember that the feelings you are experiencing are nothing more than an exaggeration of our normal bodily reactions to stress.
2. These feelings are not harmful or dangerous...just very unpleasant.
3. Try not to add to panic with frightened thoughts about what is happening and where it might lead. This is called catastrophic thinking.
4. Notice what is really happening in your body right now, not what you fear might happen later.
5. Wait and give the fear time to pass. Do not fight it or run away from it. Just accept it.
6. Notice that once you stop adding to it with frightening thoughts, the fear starts to fade by itself.
7. Remember that the whole point of practice is to learn how to cope with fear without avoiding it. By practicing in this way, you make progress.
8. Think about the progress you have made so far, despite all the difficulties. Think how pleased you will be when you have greater and greater success.
9. With each episode, when you begin to feel better, look around you and plan what to do next. This heightens the experience of limiting your 'down' time due to the panic.
10. When you are ready to go on, start off in an easy, relaxed way. There is no need for effort or hurry.