

TEN RULES FOR COPING WITH PANIC & ANXIETY

1. Remember that the feelings are nothing more than an exaggeration of the normal bodily reactions to STRESS.
2. They are not in the least harmful or dangerous –just unpleasant. **NOTHING WORSE WILL HAPPEN.**
3. STOP adding to panic or anxiety with frightening thoughts about what is happening and where it might lead.
4. Notice **WHAT IS REALLY HAPPENING** in your body right now, not what you fear might happen.
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. So this is an opportunity to make progress!
8. Think about the **PROGRESS YOU HAVE MADE SO FAR**, despite all the difficulties. Think how pleased you will be when you succeed this time.
9. When you begin to feel better, look around you and start to plan what to do next.
10. When you are ready to go on, start off in an easy relaxed way. There is no need for effort or hurry.