

## Anxiety &amp; Panic

"my story"

I have had panic and anxiety for over 10 years. On the next page I have listed 10 things that helped me & might help you also. I used exercise along with eating right. I learned to look at anxiety in a different way. After doing these things along with getting tools from my case mgr at South Community I was able to reduce my meds by 90 percent. Yes I still have anxiety but I have learned to live with it.

I used my Higher Power also to get me through tough times.

\* Remember, you are learning that you can function with discomfort.

\* Comfort is a desire, not a need.  
Try to function with the fear, except it, Don't fight it.

The next page has 10 tools that helped me get my life back.

This takes time and effort.

Best of luck,  
your worth it.

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## \* 110 Ways to Reduce Panic & Anxiety Page 2

- ① Remember that although your feelings and symptoms are frightening, they are neither dangerous or harmful.
- ② Understand that what you are experiencing is merely an exaggeration of your normal reactions to stress.
- ③ Do not fight your feelings or try to wish them away. The more willing you are to face them, the less intense they become.
- ④ Don't add to your panic by thinking what might happen. If you find yourself asking, "What if?" tell yourself "So what".
- ⑤ Stay in the present. Be aware of what is happening to you rather than concern yourself with how much worse it might get.
- ⑥ Be proud of the progress you've made. Think about how good you will feel when the anxiety has passed and you are in control and peace.
- ⑦ Give up caffeine, this is like adding fuel to a fire.
- ⑧ Remember that panic attacks always end, and you'll feel OK again when it ends.
- ⑨ Make sure you're involved in something that interests you. Maybe a hobby.
- ⑩ Do something everyday within reason that you're afraid of. Anxiety goes away after time when we face our fears head on, EXCEPT Anxiety.