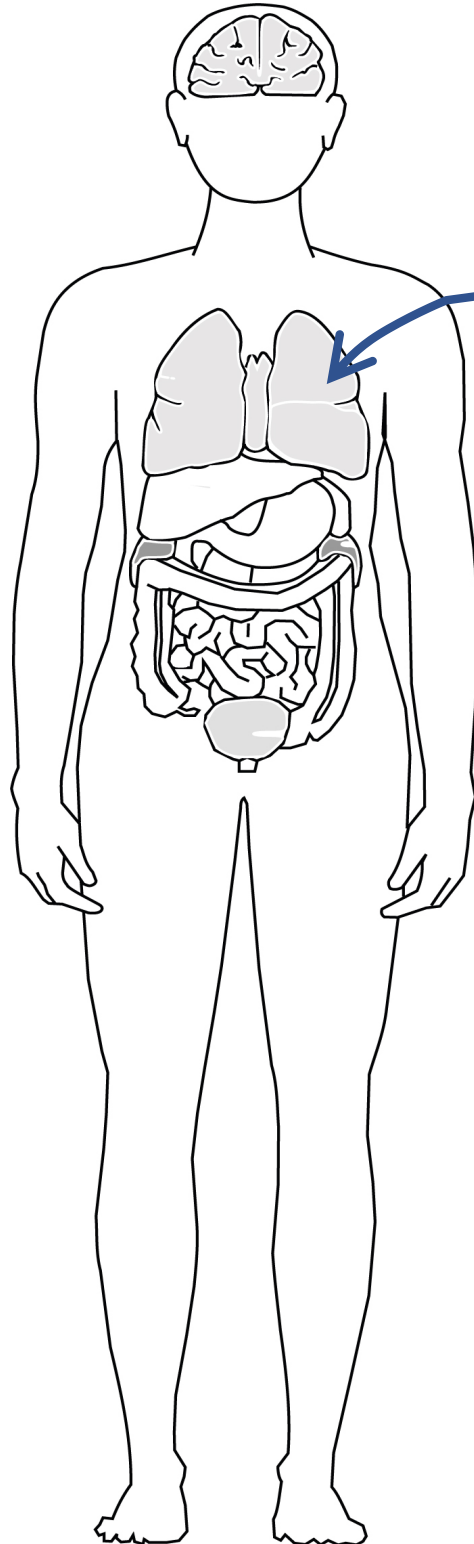


Taking Panic Out Of The Body

On the diagram write down what sensations you notice in your body or mind when you have a panic attack. Then, based on what you know about the *fight or flight* system, write down:

- the reason your body is reacting that way
- something reassuring to say to yourself about this symptom that would make you feel better



My breathing gets quicker

When I feel in danger my body breathes quickly to take in lots of oxygen. Oxygen makes it better at fighting or running away. Although breathing quickly makes me feel light-headed it is not dangerous, and I can make myself feel better by slowing down my breathing