

6. **Experience Something Immediately Reassuring or Pleasurable**

- a. Have a spouse or significant other hold you.
- b. Sit in a hot tub or a bath tub filled with hot water.
- c. Eat something pleasurable and/or prepare a cup of relaxing tea.

7. **Thought Stopping**

If you continue to be disturbed by a negative, upsetting thought, take a deep breath and shout **"STOP"** or **"GET OUT!"**. Repeat several times if necessary.

8. **Deep Diaphragmatic Breathing**

Continue for at least 3 minutes. You can just deep breathe or use a structured method such as "4 - 4 - 6" breathing.

9. **Positive "Self-Talk"**

As you breathe or engage in distracting activity, use calming, positive "self-talk." Make sure statements do not contain a negation - e.g. "This won't get to me."

- Examples:
- "This too will pass."
 - "I'll let my body do its thing and I'll be fine."
 - "I can just go with the flow."
 - "I am calm and strong."
 - "God is with me."

10. If you are taking tranquilizers such as Xanax or Ativan, any of the above coping techniques may be accompanied by taking one extra dose. Even if it doesn't work immediately, the act of doing so may be sufficiently reassuring to thwart mounting panic.