



FREE PRACTICAL TOOL

When Panic Shows Up

A steady, practical plan for taking the next small step when your body and thoughts feel alarmed.

Start here

- 1 Name five things you can see, four you can feel, three you can hear, two you can smell, and one you can taste.
- 2 Loosen your shoulders and take one slower exhale than inhale. Repeat gently.
- 3 Move to a place that feels safer, quieter, or less stimulating if you can.
- 4 Text or call someone you trust and say: "I am having a hard moment. Can you stay with me for a few minutes?"

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