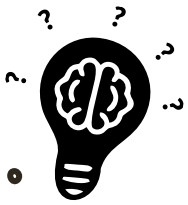
A.W.A.R.E.



TECHNIQUE FOR MANAGING PANIC

A

ACKNOWLEDGE & ACCEPT

Recognize your current realty and you may be panicking. Acknowledge the feeling, don't try to distract yourself, or pretend it's not there and know that it will come to an end.

"I may not like this feeling but it will not hurt me."

W

WAIT & WATCH

Notice what you are feeling, what is going on in your body and around you.

"I notice my breathing has changed."
"I can wait this feeling out."

A

ACTIONS

Try something to make yourself feel more comfortable. Practice a coping skill like mindful breaths or a grounding exercise.

"Am I in danger or discomfort?"
"I am more than this moment or feeling."

R

REPEAT

Follow the steps above again and again until you experience some relief. You might feel the panic come in waves and you might think it's not working.

"I can keep practicing and trying."

E

END

Reflect on what happened, what helped, what didn't help, and make a plan for next time.

"No matter what I do my panic always comes to an end."

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With great care,
MS. HEATH, LGSW, LMSW, MSW
FOUNDER OF SLAY SCHOOL THERAPY