

Panic Reduction Checklist

1. List the stressors in your life, and evaluate whether these can be reduced. Moving, changing jobs, or other big life choices can sometimes reduce long term stress even though they may briefly increase stress.
2. Reduce the amount of caffeine that you use so that you are never racing or jittery.
3. Problem-solve any sleep difficulties, and aim for 7-9 hours at least five nights/week. See your medical doctor to make sure that there are no physical reasons for sleep or panic symptoms.
4. Practice relaxation and/or exercise every day. Evaluate what has helped you to relax or exercise in the past, including religious practice, sports, social activities. You may choose to add dance, yoga, meditation, aerobics, karate or other classes to your weekly routine. You may choose to exercise or meditate with a friend until it becomes part of your routine.
5. Increase activities that engage your thinking brain, such as reading, socializing, doing puzzles or writing, creating artwork.
6. When you have panic, remind yourself that even though it is unpleasant, it will go away. Focus on positive self-talk and keep your attention away from body sensations such as fast heart beat. This can be helped by having practiced relaxation and by having a plan for what self-talk to implement for panic situations such as “The Panic Monster wants me to be scared, but I’ll just survive until she leaves.” or “Even though Panic is really fun, I’m not interested right now.”