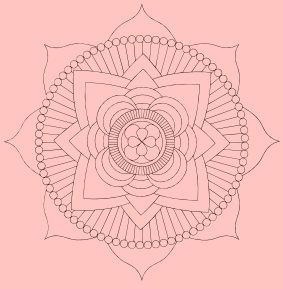
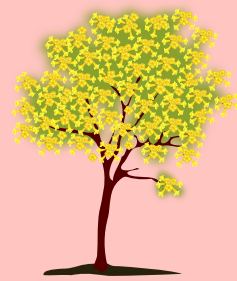


# HOW TO SOOTHE ANXIETY & PANIC



## Breathe in a Gentle Pattern

Inhale for 4 counts  
Pause for 1 count  
Exhale for 8 counts  
Pause for 1 count



## Immerse yourself in Nature

Walk with a dog.  
Sit on a beach.  
Or go into a garden and have some time in natural peace.



## Put Cold Water on your Face

There is research confirming that immersing your face in cold water triggers a 'dive reflex' resulting in a calming effect on body and mind.



## Listen to a Relaxation

There are many apps for relaxation, meditation, managing anxiety and dealing with panic. Try them while you feel OK and have them ready to use.



## Reach Out for Help

Have a list of people to call who will talk with you supportively when you're anxious.

Contact a professional for support.  
Start by seeing your doctor for a referral.