



## Panic?

Here are some tips and tricks to help you through your attack.

- Know you are OK - You will get through this!
- Drink a large glass of water
- Aromatherapy - Lotion or essential oil
- Posture Check & Deep Belly Breaths
- Try not to fear the feelings - laugh at them
- Grab a snack-cold apples, protein or gum
- Get up and move around
- Call a friend to get your mind off the feelings
- Turn on some "Happy" Music
- Listen to the Egg Panic Download for support

*Try to relax and keep breathing!*