**Anxiety and Panic Recovery Plan**

***Fill this out when you are in a calm state. Have it somewhere easily accessible, preferably visible and in a spot you look at often. When you experience anxiety or panic increasing, pull this out and follow it step by step to calm and regulate, grounding in the present and shifting your nervous system.***

***PREPARE: Write down a scene, memory, or thought in detail that makes you feel safe, calm, and relaxed. Be detailed, describing what you see, hear, smell, etc.***

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**1. Close your eyes and focus on this safe, calm place you described above. Notice the sounds, sights, and smells. While you do this, cross your arms across your chest and tap your shoulders alternately (right, left, right, left, etc.). Do this for about 30-60 seconds.**

**2. Interlace your fingers, put your hands behind your head, pull elbows back to open chest, and take a deep breath in through your nose. Breathe into your stomach, not your chest. Release the air through your mouth, repeat three times.**

**3. Sit or lay down. Take in a deep breath while you also tense your entire body, elbows in, hands clenched, face scrunched; like you are trying to make yourself as small as possible. Hold the breath and tension for 3 seconds. Then relax every muscle in your body and collapse like jello. Release all tension. Notice the tension leaving your body.**

**4. Notice items your peripheral (side) vision, soften your gaze, take in the whole scene.**

**5. Drop your tongue from the roof of your mouth and relax your face, then forehead, then cheeks, and then jaw. Drop and relax your shoulders, letting them fall away from your ears.**

**6. If possible, splash cold water on your face or take a cold shower to activate nervous system’s calming response. Get a bowl of ice water and dip your face into it a few times.**

**7. Now place hands behind head again, breathe into your belly through your nose as you count in your head to 4, hold the breath for 4, breathe out through your mouth to the count of 4, repeat 4 times (4x4 Breathing).**

**Now get up and move around to show your mind you are active and not in danger. Start or continue your day while you focus on your memory or image. If you can, use your senses by smelling favorite/calming smells or listening to favorite sounds/songs.**

**Go to the next page and engage in your listed sensory items.**

**List of Calming Senses**

***Identify and write down anything that you enjoy or find calming for each of the senses listed below. Remember to use your senses to experience these things when anxious or overwhelmed***

**Smells: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Tastes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Sights: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Sounds: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Touch: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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