Pause and take some slow, deep breaths
It may not seem like it now, but this feeling will eventually pass. It will not last forever.
Resist the urge to isolate.

Reach out to a friend or family member. I may not feel like doing this right now, but I know that I usually feel better after I do this.
What am I worrying about?

How likely is this to occur?
Evaluate the evidence.
If I find myself focusing on negatives, I can counter this by identifying & writing down 3-5 positive things.

Positive things may include: what went well today, things I am grateful for, things I am looking forward to.
Change is hard, but it's worth it
Making a mistake does not mean that I am a failure.

Everyone makes mistakes.
Zoom out - look at the whole picture
Relaxation Technique: Visual Imagery

Close my eyes and imagine myself in a calm, peaceful setting, such as:
Resist urges to avoid anxiety-provoking situations

Avoidance may seem like an effective short-term strategy, but it maintains and worsens my anxiety over time.
The only way out is through

Face it and work through it in order to gain control over it
Self-criticism doesn't help, it just contributes to the problem by making me feel worse.

I will try to respond to my self-critical thoughts with self-compassion.
LET IT GO

I will let go of anything that no longer serves me
Change can be scary, but the alternative is staying stuck.

I choose change.
Self soothe through the senses

taste: drink warm herbal tea
hearing: listen to calming music
touch: massage lotion into your skin
smell: light a scented candle
vision: look at beautiful photographs in a book
I deserve to be happy.
Stop focusing on the past.

I can shift my attention to the present by practicing a mindfulness exercise.
Perfect isn't possible.

Remember to set reasonable goals; otherwise, I will inevitably be disappointed and unsatisfied.
Challenge
all-or-nothing thinking

Find the shades of gray
between the black and white
This storm will pass.
Panic Attack Tip: Ride it Out

- Label what I am experiencing as anxiety
- Accept it, do not fight it or try to control it
- Use grounding techniques
- Remember that this will not last forever
- It is unpleasant, but it will eventually pass
54321 Grounding Technique

Look around, identify & name:
5 things I see
4 things I physically feel
3 things I hear
2 things you smell
1 thing you taste
Progress is not linear
Be patient & don't give up
I will not let my past define me.
I will try to observe my thoughts without judgment.
Use a healthy coping strategy:

• go for a walk
• write in a journal
• spend time coloring
• meditate
• listen to music
Tough days don’t erase the progress I’ve made
Reduce physical vulnerability to overwhelming emotions by prioritizing balanced eating and balanced sleeping habits
It's okay to ask for help.
Tolerate uncertainty