



Lynn Martin RN, MS, CS, PMH

[Home](#)

[Directions](#)

[Bio](#)

[Services & Specialties](#)

[About Cognitive-Behavior  
Psychotherapy](#)

[Mental Health Resources](#)

[Suggested Reading](#)

[Client Handouts](#)

- > [Goals Sheet](#)
- > [Hierarchy: Feared Situations](#)
- > [Cognitive Distortions](#)
- > [Maladaptive Schema](#)
- > [Maladaptive Cycle](#)
- > [Anxiety Cycle](#)
- > [Depression Cycle](#)
- > [Symptom Monitoring](#)
- > [Mood Disorder Questionnaire](#)
- > [Quick Inventory of  
Depressive Symptomatology](#)
- > [Social Anxiety Checklist](#)
- > [Coping Tips](#)

[Office Policies](#)

### Tips for Coping With Panic Symptoms

(Adapted from "Stop Running Scared", by Herb Fensterheim and Jeanne

Feeling frightened, unsteady, shaking, palpitations, nausea, or unreal part of the body's normal reaction to stress.

Just because you have these sensations, does NOT mean you are in danger/dying.

These feelings are unpleasant but NOT dangerous.

Try to ACCEPT the unpleasant feeling, tolerate it and ultimately face

Try to rate your discomfort or unpleasant sensations or fear on a 0 to 10 scale.

Try to make yourself as comfortable as possible without escaping the situation.

Try to keep your thoughts in the present moment on something you can control.

Focusing on one of your 5 senses, on a pleasant current sensation moment (Is there something pleasant you can see?...hear?...smell?...taste?...touch right now? )

Repeat to yourself:

"These sensations are unpleasant but not dangerous. They are normal body in a panic attack. I will use this opportunity to practice corrective breathing & to focus on something pleasant that is external to me."