

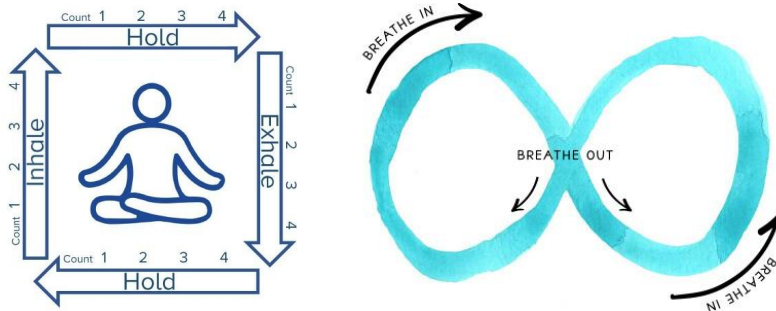
Help for Anxiety and Panic

Breathing techniques:

When we slow our breathing, we are telling our bodies that we are safe.

1. Pizza breathing: imagine a slice of pizza, what toppings are on it? Put your hands together and take a deep breath in, imagining the smell of the pizza. The pizza is hot so you have to blow on it to cool it down: breathe out slowly. Go back and forth between smelling the pizza and cooling it down.
2. Square breathing: Draw a square or make a square with 4 pencils/pens/chopsticks. Inhale as you trace up one side, pause across, exhale down the other side, pause across.
3. Infinity breathing: inhale around 1 curve, pause in the center and exhale around the other curve.
4. 4-7-8 breathing: inhale for 4, pause for 7, exhale for 8.

Square Breathing



Grounding techniques

1. Body Focus: Start with thinking about your feet - where are they? What do they feel like? Imagine them squishing mud - what would that feel like? Next think about your legs and focus on what they feel like, are they supporting you? Move up your body until you get to your head.
2. 5-4-3-2-1: Name 5 things they can see, 4 things they can hear, 3 things they can feel, 2 things you can smell, 1 thing you can taste (carry mints or something strong)
3. Touch where the tension is: massage temples, apply an ice pack to your head, hold a pillow to your stomach etc.

Question your worry

1. Choose healthier thoughts: thought A vs thought B
2. Question current thinking: Is it possible that there is another explanation?

Apps for Anxiety

- Calm
- Headspace
- Mindshift
- Smiling mind
- Panic relief
- Self Help Anxiety Management

Books for Anxiety

For parents/caregivers:

1. Helping Your Anxious Child by Ronald Rapee, PhD

For Teens/ Children:

1. My Anxious Mind: A Teen's Guide To Managing Anxiety and Panic by Michael Tompkins
2. What to Do when You Worry Too Much by Dawn Huebner (younger kids)
3. Up and Down the Worry Hill by Aureen Pinto Wagner, PhD (younger kids)

For OCD:

1. Talking back to OCD by John March
2. What to do when your Brain Gets Stuck by Dawn Huebner (younger kids)