



CROSSROADS

Professional Counseling

ANXIETY & PANIC MANAGEMENT TECHNIQUES

MINDFUL BREATHING:



Example Scenario:

- Sitting quietly, focus on deliberate breath
- Inhale: Count "1-2-3-4" while expanding diaphragm
- Exhale: Count "1-2-3-4-5-6" slowly, releasing tension
- Repeat 4-5 cycles
- Notice natural body relaxation response

5 - 4 - 3 - 2 - 1

GROUNDING TECHNIQUE:



VISION

5 Things You See

- A nearby wall
- Your hands
- A piece of furniture
- A light source
- A random object



TOUCH

4 Things You Touch

- Your clothing texture
- A chair surface
- Floor or ground
- Your own skin



HEARING

3 Things You Hear

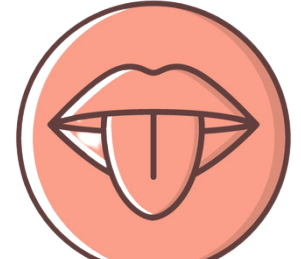
- Ambient background noise
- Breathing sounds
- Distant environmental sounds



SMELL

2 Things You Smell

- Air around you
- Subtle environmental scent



TASTE

1 Thing You Taste

- Neutral mouth sensation

ANCHOR PHRASE TECHNIQUE:

CREATE A PERSONAL, MEANINGFUL PHRASE TO REPEAT DURING A PANIC ATTACK.



How to use it:

- Choose a short, calming phrase like "*I am stronger than this feeling*"
- Repeat it slowly, matching each word to your breath
- Focus on the meaning and sound of each word

This personalized approach grounds you in your own strength and wisdom.