

Anxiety/Panic Reduction Plan

I would recommend that you do as many of the following suggestions as you can. Most of the time a significant reduction in symptoms will be from a combination of strategies and conscientious follow through with your plan.

1. CD: “Healing Meditation” by Kelly Howell (available thru Amazon.com or locally at Barnes and Noble) listen at least 3x per week, preferably more, you can use it to go to sleep to, or during the day, but don’t drive while listening to it.

2. Books: When Panic Attacks by David Burns

The Anxiety and Phobia Workbook by Bourne

The 10 Best Ever Anxiety Management Techniques by Wehrenberg

Find one of more of these books and do the exercises that are suggested. Take your time and really learn the concepts that are being taught. It’s probably more important to go slow and “get it” than rush thru in a few days. Learning these techniques and integrating them will be the core of your life change.

3. Exercise at least 3x per week, cardio for 25 minutes (minimum) each time. You should be sweating and in your aerobic zone for most of those minutes.

4. Eat right, stay away from caffeine, sugar, soda and energy drinks.

5. Do your deep/slow breathing exercises. . . usually something like; inhale for 3-4 seconds, exhale for 5-8, and stop for 1-2 seconds, then start again. . . at least 8 breaths 4x per day this way. Remember to breathe from your diaphragm not your chest. (this will look and feel like the “Buddha Belly”)

6. Practice progressive relaxation.