

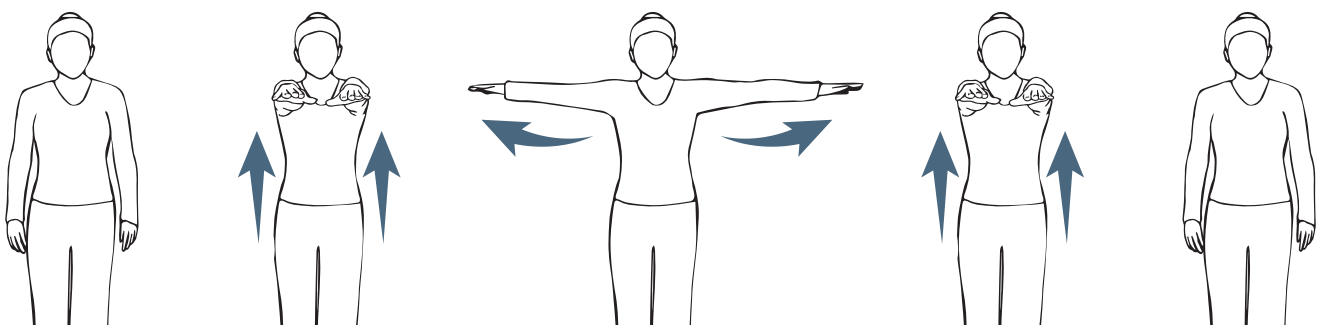
# Techniques to “Panic Proof” Your Life

Here’s a simple technique you can use anywhere and anytime you like to either head off a panic attack, or to manage the symptoms of panic. **At the first sign of a panic attack please use this anxiety-busting technique to help restore a feeling of calm and peace to your life.**

## Opening the Curtains

Opening the curtains is the perfect way to describe this calming Qigong pose.

- Begin by settling into a comfortable stance. Now, imagine you’re standing in front of a large window that is hidden behind a pair of heavy drapes or curtains.
- As you inhale, slowly raise your hands to eye level, palms turned outward as you prepare to spread open the imaginary curtains.
- As you exhale, slowly push those heavy curtains as far apart as is comfortable for you, remembering to keep your elbows bent, your fingers gently spread. On the inhale, slowly close those curtains and return to your starting position with your arms by your side.
- Repeat until calm.



For more information on how to keep calm, visit subscribe to my blog or like my Facebook page, where I regularly post helpful tips and words of encouragement.

[www.wendyleeds.com/blog](http://www.wendyleeds.com/blog)

AUTHOR, THERAPIST, SPEAKER

[leedswe@gmail.com](mailto:leedswe@gmail.com)

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[@wendyleedskeepingcalm](https://www.instagram.com/wendyleedskeepingcalm)

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[www.wendyleeds.com](http://www.wendyleeds.com)