

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.**

The Letting Go Point

This can be used any time you feel anxious, but is particularly effective for easing panic.

- To find this acupressure point, cross your arms tightly over your chest, wrist over wrist. Chances are your fingertips will land on exactly the right spot on your outer chest -- about three finger-widths below your collarbone.
- Once you've found the spot, hold it firmly with either your first two fingers, or all four fingers for up to three minutes. Breathe into your belly and feel the relaxation there. You may repeat the word “relax” or “calm” to yourself, or imagine a calming white light pouring through your body, relaxing, you cell by cell. See what works best for you.
- 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.

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