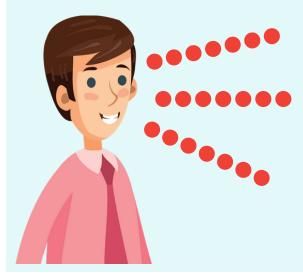
I may suddenly feel very anxious. This is called a panic attack.



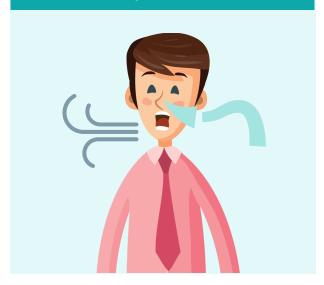
I can take a look around me and remind myself that I'm safe.



Panic attacks can be scary. I may feel like I can't breathe.



I can take slow, deep breaths in through my nose and out my mouth.



When I feel very anxious, I can use grounding techniques to calm down.



I can focus on my 5 senses and name 5 things I see.







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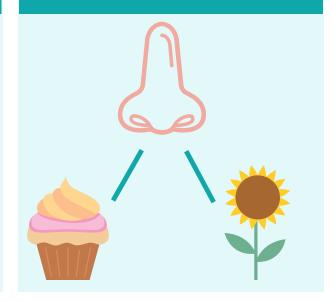
I can name 4 things I can feel.



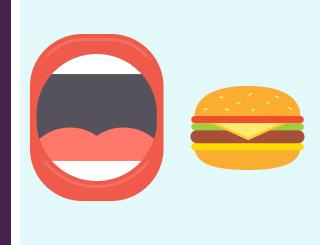
I can name 3 things I can hear.



I can name 2 things I smell.



I can name one thing I can taste.



I can also think of a calm place in my mind.



I can keep doing these things until I feel calm and relaxed.







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