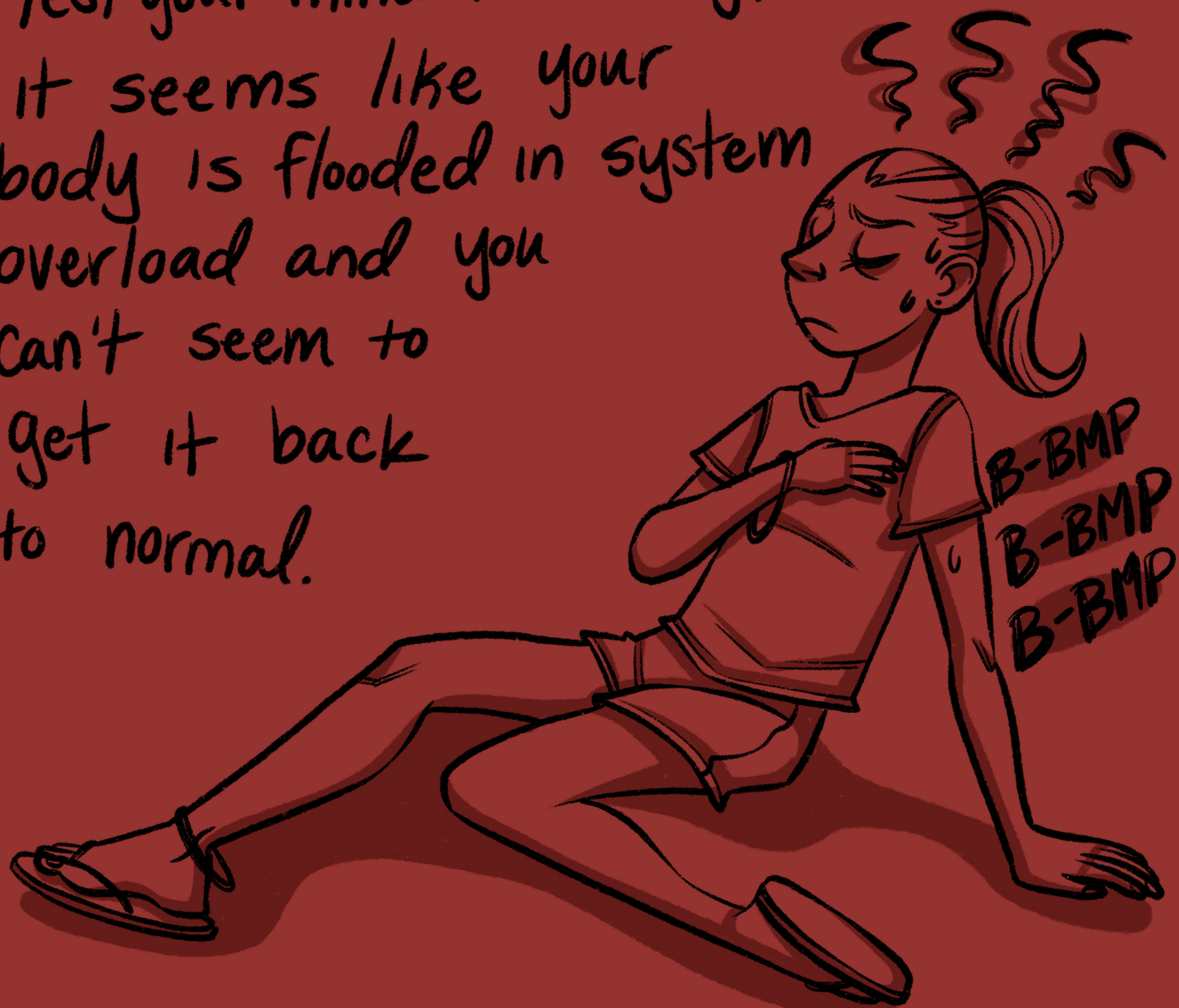


When your body goes into full panic
mode, sometimes you wish you
could just hit the reset button.



flow

Yes, your mind is racing, but
it seems like your
body is flooded in system
overload and you
can't seem to
get it back
to normal.





Like the **machine** your body is, though, there are quick ways you can hack the system to get yourself to calm down.



If you feel your heart rate is way off and your breathing is all jacked up, a great way to reset that is to lay on your back on the ground and place your hand on your stomach. As you breathe, try to move your hand up and down. This'll help get your breathing back to normal and your heart rate back down.

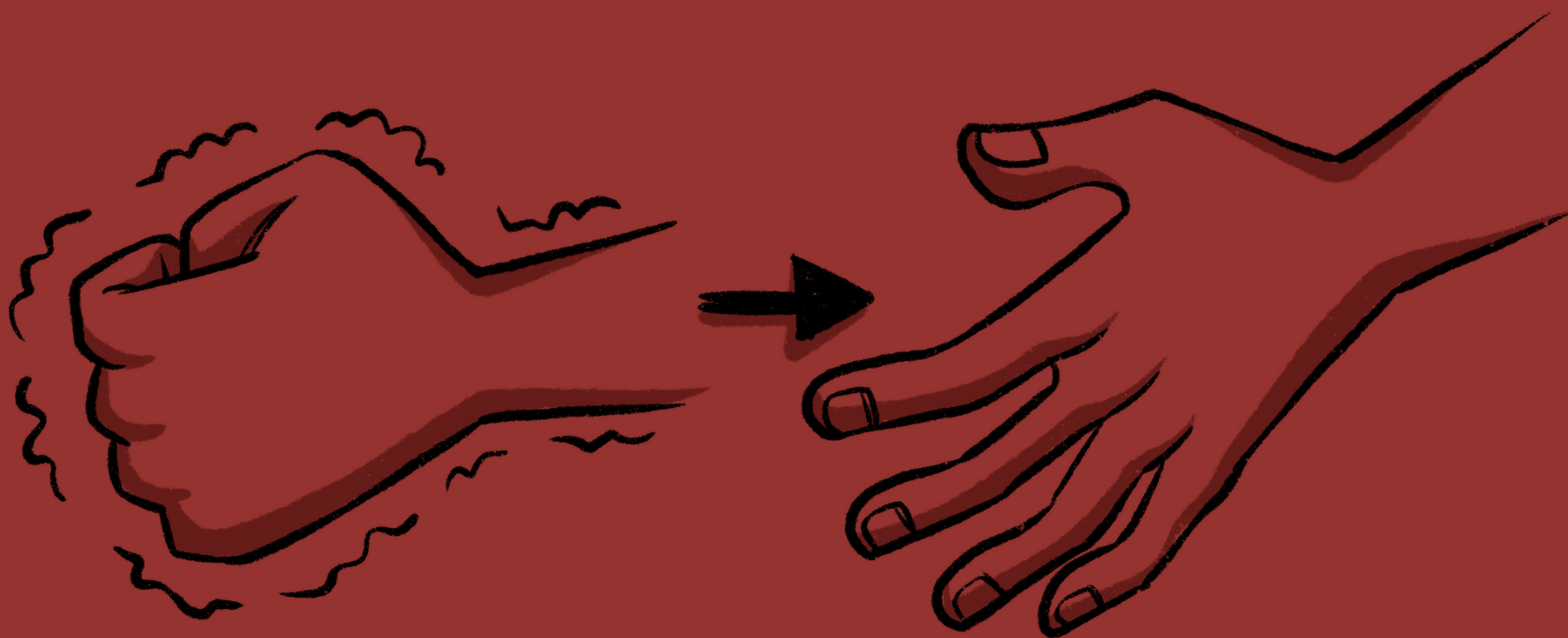
You can also help
snap yourself
out of it by
listing off 5
things around
you that you
can see, touch,
taste, hear, and
smell. Ground
yourself in
the here and
the now.





If you're really
freaking out,
literally dunking
your face in
ice water kicks
your body into
survival mode. It
thinks you're
drowning, +
snaps out
of "panic"
and back
into something
normal so
you can
conserve energy
to survive.

If things are really not working, lay back down + tense one body part as hard as you can for five seconds, starting with your feet and working your way up.



TENSE

release

Get your body + mind back in sync.

Getting your body regulated help
make it easier to get your mind in check,
and vice versa. It's all intrinsically connected.

