

STRATEGIES FOR ADDRESSING ANXIETY and PANIC

For immediate assistance with anxiety, panic, feelings that are overwhelming, ways to activate the parasympathetic nervous system (and bring you towards homeostasis, growth, and repair state/"rest and digest" state) and to steer your system out of a climbing sympathetic state that is flight/fight:

STRATEGY: Inhale through the nose – deeply – down to the belly; Exhale through the nose – but make the Exhale longer than the inhale – twice as long, if possible – all while you are pressing gently on the sternum (middle of the anterior chest) from superior to inferior. Repeat until the system begins to calm.

STRATEGY: Press deeply into the web of the hand – between the thumb and the first finger right into the belly of the muscle – keep pressing – hard until the wave of anxiety quiets or beings to pass.

STRATEGY: Press deeply into the divet just above the upper lip and below the nose. Press with your thumbpad as deeply as possible and for as long as you can until the feeling of anxiety begins to pass.

STRATEGY: replace the habit of stress response you are trying to let go of with another action. One which diverts the mind and keeps it busy so that you can break the "pattern" that follows that "first overwhelming thought" that becomes anxiety and obsessiveness is:

As soon as you experience that first "off" thoughtform, immediately follow it with action:

Find – speak out loud, or write down (if you are in a position to do so):

- 5 things you can see;
- 4 things you can feel;
- 3 things you can hear;
- 2 things you can smell;
- 1 thing you can taste.

This exercise is not long, but long enough to divert your attention and stop the one thoughtform from becoming many. It also keeps your mind occupied and perhaps your body also if you move around trying to complete the exercise.

STRATEGY: body work such chiropractic adjustments – spinal and cranial; cranio-sacral therapy; massage; deep tissue release will assist in reduction of stress the mind and body are experiencing which will enhance immune system function and reduce anxiety and/or panic short and longer term.

Within The Holistic Practice: arrange for an appointment –

Dr. Andrea Ferretti – Tel: (905) 628-2389

Susan Hoffmann, RMT – Tel: (905) 541-3692

Colleen McClure (Saliya Life) – Tel: (905) 902-3106

STRATEGY: talking with someone who can help us regain perspective and assist with strategies for stress reduction and development of skills to handle challenging times:

Within The Holistic Practice: arrange for an appointment –

Gerald Smith, BSW, NSW, RSW – Tel: (905) 537-7644

Dieter Staudinger – Tel: (905) 923-8175