

Try to View Feelings as not Dangerous

Refocus Attention

Go for the Walk

Do Exercises

Breath Deeply

Splash Water on the Face

Remember that the Feelings Will Pass

# **Stop Panic**

**Nils Lindefors, Gerhard Andersson** 



Uncover the mysteries within is enigmatic creation, **Stop Panic**. This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

https://archive.kdd.org/About/publication/index.jsp/strengthening capacity south ngo.pdf

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