

Managing Panic Workbook

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The **Managing Panic** course provides treatment for symptoms of panic, and is based upon principles of Cognitive Behavioural Therapy (CBT).

The course consists of **five weekly sessions**, each focused on a different topic relevant to panic.

Please do make use of this **workbook** throughout the course, as it provides the worksheets and resources required to put the course contents into action.

The weekly tasks will help you to implement **new skills and techniques** by practising them in-between sessions.

Cognitive Behavioural Therapy (CBT)

Cognitive - our thoughts and how we perceive the world

Behaviour - what we do and how we respond to the world

Therapy - to change / heal

CBT helps you take an overwhelming situation, break it down into manageable parts, and change them.

CBT is evidence-based, and only uses techniques that have been proven to work.

How Does CBT Work?

- CBT is about **making a change**, either in the **way we think** or **what we do**.
- If you don't make a change, things will not improve.
- CBT provides us with **practical strategies** anyone can learn, and the **more you use them** the **more effective** they are.
- We don't expect these strategies to immediately resolve all your problems, it **takes time** for you to become strong in using them and you will need to **maintain them** once the course finishes.

Panic: Identifying the Signs & Symptoms

To do this we use the **Five Areas Model**:

SITUATION Where? When? Who with? What?

THOUGHTS What went through my mind at that time?

BEHAVIOURS What did I do as a result of this?

EMOTIONS What emotion(s) did I feel at that time?

PHYSICAL SENSATIONS What did I notice happening to my body?

Keeping a Panic Diary

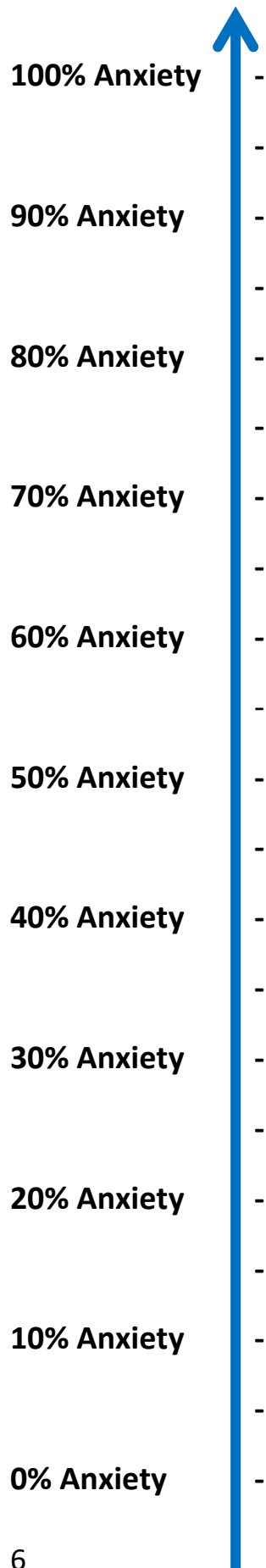
Date & Time	Situation <i>What?</i> <i>Where?</i> <i>Who?</i>	Panic Intensity <i>Out of 100%</i>	Physical Symptoms <i>in the order I noticed them</i>	Thoughts <i>What did I think was happening?</i>	Behaviour <i>What did I do?</i>

Session 1 Notes

This Week:

- Complete your Five Areas Model
- Complete your Panic Diary

Anxiety Ladder



100% Anxiety

90% Anxiety

80% Anxiety

70% Anxiety

60% Anxiety

50% Anxiety

40% Anxiety

30% Anxiety

20% Anxiety

10% Anxiety

0% Anxiety

Keeping an Anxiety Diary

- To build tolerance to a situation, we need to **experience** it.
- Starting at the bottom of your anxiety ladder, plan when you will try your activity, and practise doing it.
- Then use the anxiety diary to **record your progress** as this happens.

Situation & Duration	Anxiety Before (0-10)	Anxiety During (0-10)	Anxiety After (0-10)	Comments:

Graded Exposure – Remember the Rules:

GRADED

Remember to rank all the activities on the anxiety ladder, in order of how badly they effect us, with the most anxiety-provoking at the top, and the least anxiety-provoking at the bottom.

REPEATED

Keep doing the same step of your anxiety ladder until the exercise no longer makes you feel anxious, for example, if your initial anxiety score is below 5 when you are rating your anxiety out of 10 before the exercise.

FREQUENT

Graded exposure needs to be completed at least 4-5 times a week.

DURATION

You need to stay in the situation long enough that you notice your anxiety starts to decrease.

Remember...

- Start with the least anxiety-provoking activities
- You don't have to do it alone
- Don't go too far too fast
- Add as many steps as you need

Session 2 Notes

This Week:

- Complete your Anxiety Ladder
- Plan and put into practice the activities on your anxiety ladder, remembering to start with the least anxiety-provoking activity/situation
- Record your progress in your Anxiety Diary

Negative Automatic Thoughts (NATs)

What *are* NATs?

- A stream of thoughts that occur automatically and quickly.
- They are negatively framed interpretations of what we think is happening to us.
- They usually have a more negative impact on our mood and our feelings.
- They can lead to anxiety, low mood, self-doubt, anger, and irritability.
- They are not that helpful or useful, and yet we all have them.

How do we *Identify* NATs?

- They are always negative
- They make you feel bad about yourself
- They are uninvited
- They are believable
- They are biased
- They are often exaggerated
- They seem real at the time but we question them later

How do we begin to *Challenge* NATs?

- The difference between whether we accept and believe them, or ignore or challenge them, will have an influence on how mentally healthy and happy our lives will be.
- We cannot challenge NATs unless we do something to catch them and pay attention to them.
- The way we start doing this, is by labelling them as different types of NATs through different **unhelpful thinking styles**.

What's your Thinking Style?

Have a look and circle the thinking styles you suit most often...

TYPE OF THINKING STYLE	EXPLANATION	EXAMPLE
1. All or Nothing	Thinking in extreme terms with no middle ground. Sometimes also known as black and white thinking	<i>- I need to do something perfectly or it's a complete waste of time - Everybody hates me</i>
2. Overgeneralising	Evidence is drawn from one experience or from a small set of experiences to reach an unwarranted conclusion with far reaching implications	<i>- Bad things are always happening to me - People never listen to me</i>
3. Mental Filtering	Paying attention to the negative interpretation of a situation and not the other potential interpretations	<i>- This week has been terrible, I can't think of anything good that's happened</i>
4. Discounting The Positive	Positive or even neutral information is ignored, disqualified or viewed as an exception to the rule	<i>- Anyone can do that - People are only nice to me because they feel sorry for me</i>
5. Jumping To Conclusions	Negative and pessimistic predictions about the future	<i>- I'll never get over this - I will never feel different</i>
6. Catastrophising	'Worst case' thoughts and images enter your mind, exaggeration the consequences of what might happen	<i>- If I go on the tube, I'll have a panic attack and collapse - If I tell her how I feel, she'll leave me and I'll be left alone</i>

7. Emotional Reasoning	Assuming that negative emotions necessarily reflect the way things are in reality	<i>- I feel it, therefore it must be true</i> <i>- I'm very scared, so the situation must be dangerous</i>
8. Mind Reading	Assuming that we know others thoughts, intentions or motives	<i>- He doesn't like me</i> <i>- They think I'm stupid</i>
9. Demands	Rigid rules you place on yourself, or others which may not help you to accept and adapt to what's actually happened	<i>- I should do X Y Z</i> <i>- I must never make mistakes</i> <i>- They should do X Y Z</i>
10. Labelling	Specific shortcomings or failures are identified with the individual character	<i>- Because I failed the exam, I'm a failure</i> <i>- He's a total idiot for saying that</i>
11. Personalising	Giving yourself too much responsibility for a negative event, when it may have little or nothing to do with you	<i>- If people don't enjoy themselves at my party, its my fault</i> <i>- He's being quiet because I'm boring</i>
12. Low Tolerance	Telling yourself that a difficult experience or a painful feeling is unbearable or intolerable	<i>- I can't stand it</i> <i>- I cant carry on</i>

Remember:

- We all use unhelpful thinking styles from time to time.
- Sometimes one thought may reflect more than one of the thinking styles.

Keeping a Thought Diary

Writing down our thoughts in a diary makes it easier to figure out what type of thinking style we have used.

It is important to write our thoughts down because:

- **It slows our thoughts down**
- **It helps us focus**
- **It helps us remember**
- **It helps us process**

Situation	What am I Thinking?	What is my Thinking Style?

Thought Challenging

This step involves **gathering evidence for and against** the accuracy of your chosen thought, much like a court case.

By gathering evidence both for and against the thought we are able to **assess** whether the thought is **realistic or helpful**.

The evidence has to be **real facts**, not opinion or speculation.

Evidence For?	Evidence Against?	Balanced Thought

Session 3 Notes

This Week:

- Record any NATs in your Thought Diary
- Consider your Thinking Style
- Use Thought Challenging to assess the accuracy of your thoughts, to create more balanced thoughts

Behavioural Experiments

Testing Thoughts – Part 1	
What's the situation?	
What's my thought?	
How much do I believe it?	%
How can I test it? <i>Where? When? Who with?</i>	
What do I fear will happen?	What could happen instead?
What barriers are in my way?	How can I overcome them?

Testing Thoughts – Part 2

What actually happened?

So how does this affect my first thought?

How much do I believe my first thought now?

%

What's my new thought?

How much do I believe my new thought?

%

What will I do differently in the future because of this?

Session 4 Notes

This Week:

- Practise using behavioural experiments to put your thoughts to the test.

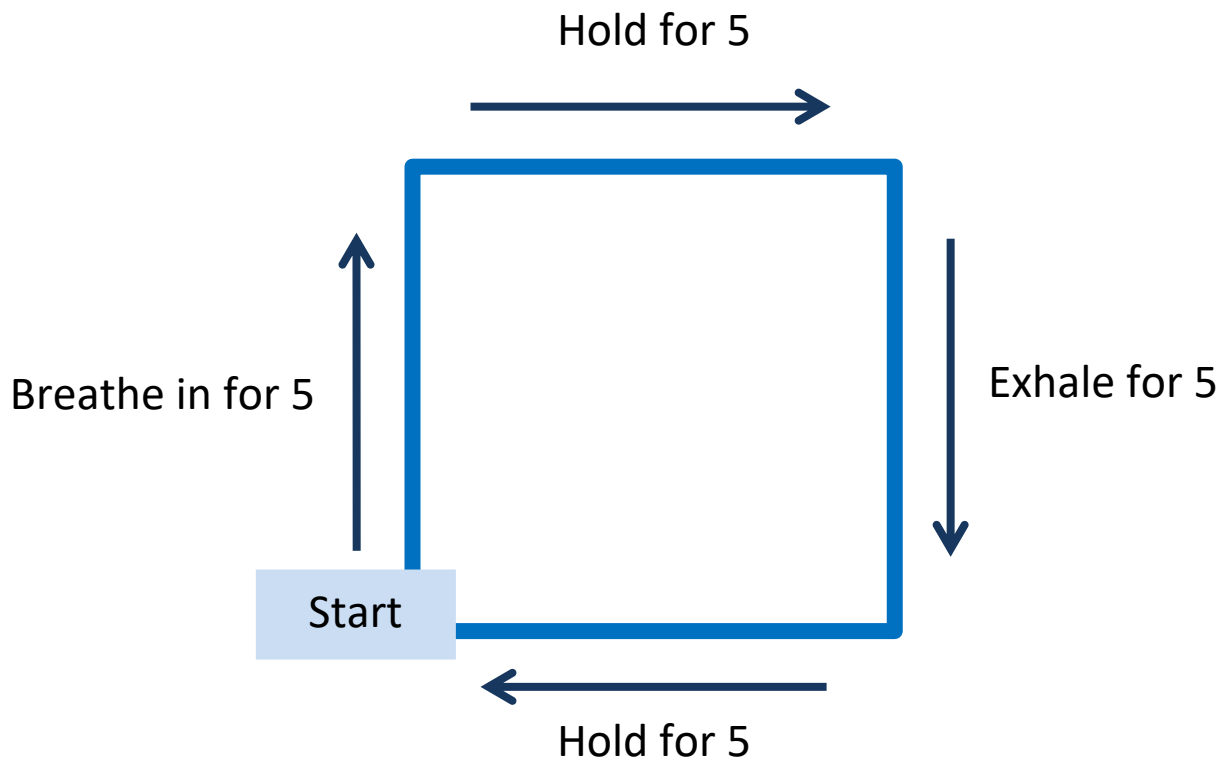
Square Breathing

Breathe **in for 5 seconds** and imagine the side of a square being drawn...

Then **hold your breath for 5 seconds** as you 'see' the next side of the square being completed...

Exhale for 5 seconds, watching the third side of the square being drawn...

And, **hold for 5 seconds**, watching the full square take form.



- While focusing on your breathing in these ways, you will find that you are not worrying about other things.
- Practice square breathing each day as part of your routine to feel calmer, and to effectively use square breathing at times during the day when you feel particularly anxious.

Progressive Muscle Relaxation (PMR)

As discussed in session 1, our bodies **respond automatically** to stressful situations and thoughts by becoming tense.

This technique is about **reducing the tension** and adrenaline in your body, which is also a good way of **relaxing the mind**.

The idea is to **tense or squeeze each muscle** in your body as tightly as possible for up to 15 seconds, and then **release them** and make them go limp.

This **relaxes the muscles** and allows you to notice the contrast between tension and relaxation.

Preparation

Lie down flat on your back, on a firm bed, a sofa, or on the floor. Support your head and neck with a pillow or cushion. Alternatively sit in a comfortable chair with your head well-supported. Close your eyes if you are comfortable doing so.

Sequence: Tense that body part, hold it for a few moments, then relax...

1. **Hands** – clench your hands to make fists
2. **Arms** - raise both forearms and squeeze them against your bicep muscles
3. **Feet** – make fists with your toes
4. **Lower Legs** – tense your calf muscles
5. **Upper Legs** – tense your buttocks
6. **Shoulders** – raise them up to touch your ears
7. **Face** – scrunch up the muscles in your face

Relapse Prevention

What makes me feel bad?

What are my warning signs?

What can I do that helps?

What barriers are in my way?

What have I achieved?

What do I have planned for the future?

Session 5 Notes

Final Session:

- Practice square breathing and PMR each day as part of your routine to become an expert in these relaxation techniques.
- Complete the Relapse Prevention worksheet.
- Consider and write down your goals for the future.

Need Further Support?

If you are concerned about your safety or you do not feel able to keep yourself safe, please contact one of the following for support:

- Contact a friend or family member
- Call **Samaritans** (24 hours) on **116 123** or e-mail **jo@samaritans.org**
- NHS out of hours support: **111** or **999** (in the case of an emergency)
- Speak with your **GP** or other **healthcare professionals involved in your care**

If you live in Southampton:

- The Lighthouse - <https://www.southernhealth.nhs.uk/locations/thelighthouse/>
- Solent Mind – for peer support

If you live in Dorset:

- Call Connections, a local 24/7 helpline run by Dorset HealthCare: 0300 123 5440