

7. If you need to, you can try other exposure exercises like:

Symptom	Exercise
Choking	Place a tongue depressor at the back of your tongue for 30 seconds.
Dizzy/Faint	Spin around while seated on a rotating chair for 1 minute. Or spin on the spot at a medium pace.
Feeling Unreal	Stare at yourself in the mirror or at a spot on the wall for 2 minutes.
Heart Racing	Run on the spot for 1 minute.
Trembling/Shaking	Tense the muscles in your body as tight as you can for 1 minute.

8. Schedule and practice exposure. It is important to keep practicing until you are no longer afraid of the physical symptoms of panic. Plan what days and times you'll do your exposure exercises. It can also be useful to keep track of your anxiety levels. You can rate your maximum anxiety level during the exercise from 0 - 10.

Day and Time	Exercise	Max Anxiety Rating (0 - 10)
<i>Example: Monday, 4:00pm</i>	<i>Example: Hyperventilate</i>	<i>Example: 7</i>