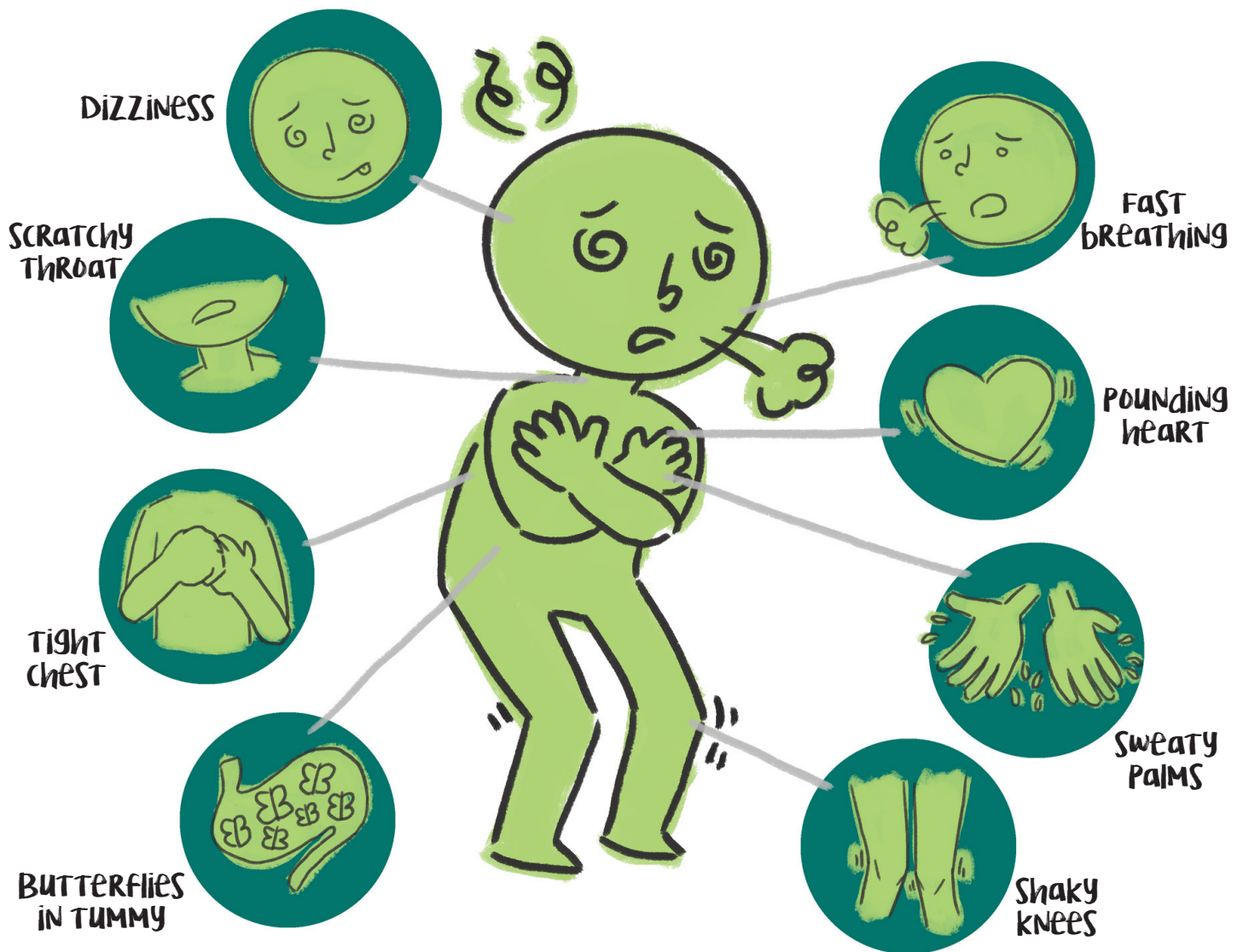


TRANSFORM YOUR PANIC WITH VISTACLE

Pano is a Dynamo who possesses the strength of perspective. Today Pano is lending you her supertool, Vistacle, to help transform the way you see certain things.

Start this exercise by thinking about what happens to your body when you feel nervous or panicky. What happens to your body when you're really worried? Circle the things you feel below. If there are sensations you feel that aren't listed below, add in your own circles.



Now to help transform sometimes scary feelings into not-so-scary ones, imagine you are looking through Vistacle.

For each feeling below, think of a time you have felt that exact same feeling, but it wasn't so scary. Draw that image in, just like in the example you see below.

Keep this page with you so you can remember while your feelings are uncomfortable, they are not dangerous.



Pounding heart



**Watching a movie
with heart pounding**

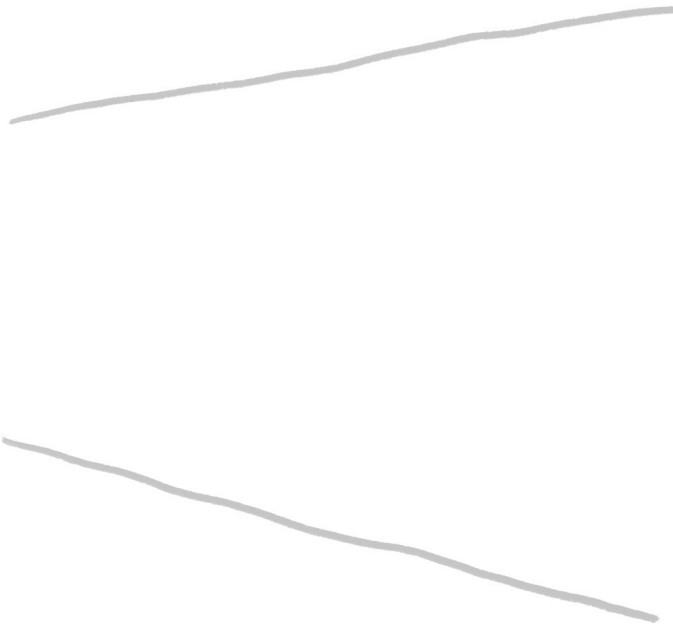


Fast breathing

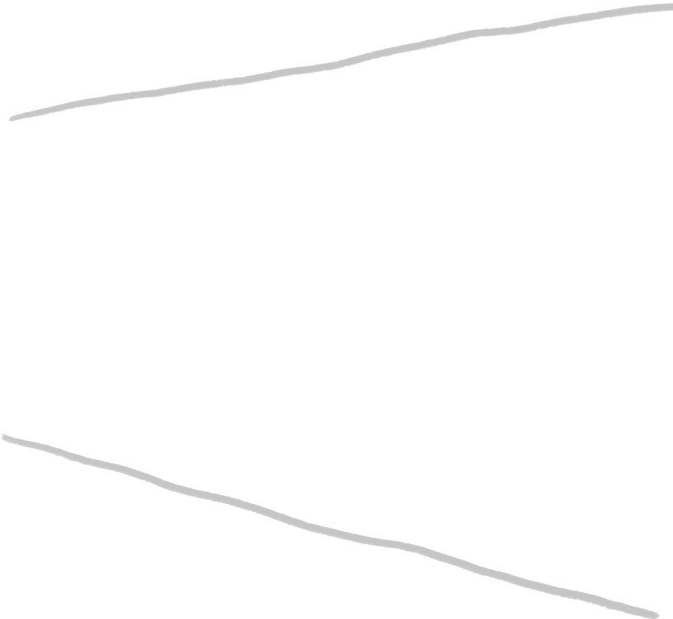




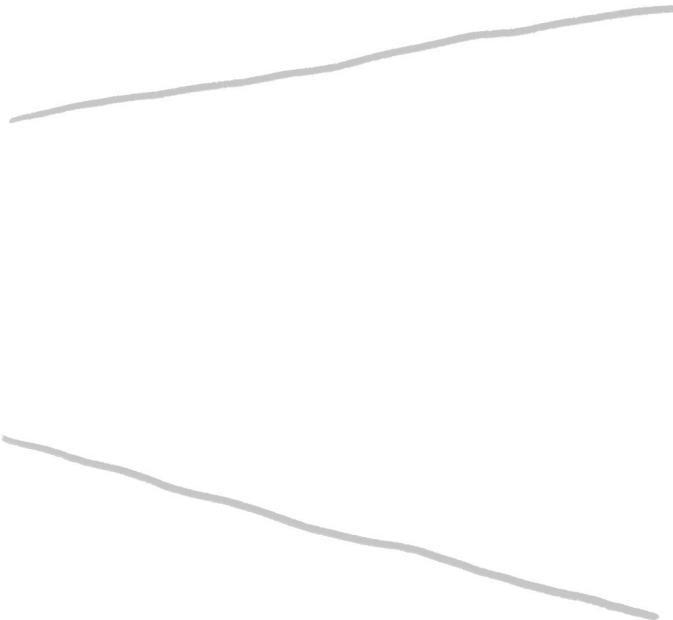
Shaky knees



Scratchy throat

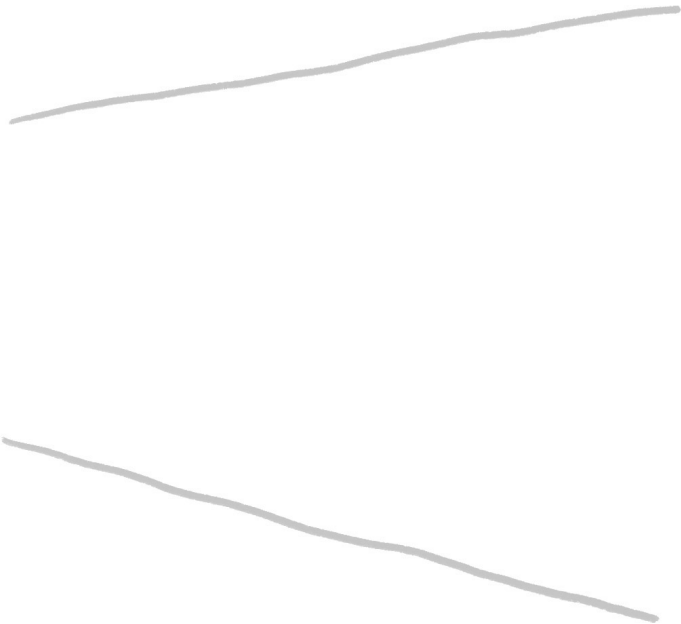


BUTTERFLIES
IN TUMMY

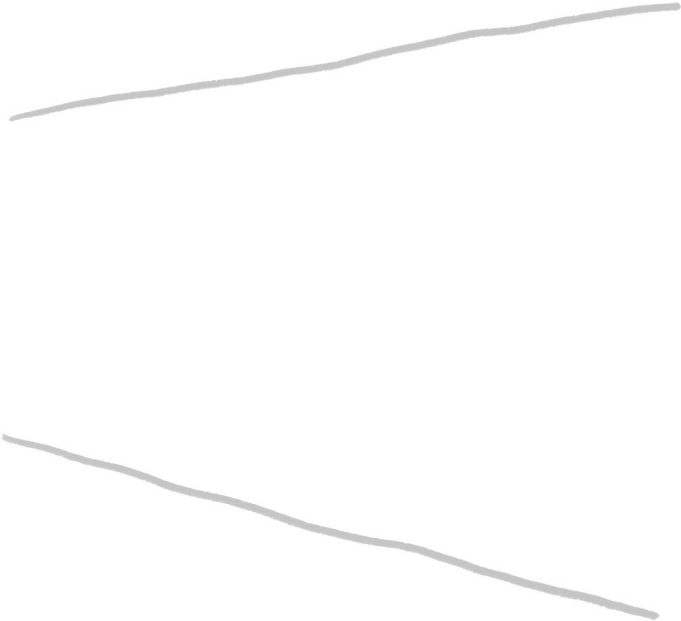




DIZZINESS



SWEATY PALMS



TIGHT CHEST

