

# Dealing With Panic Head On!

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**My throat gets dry**  
when I panic, but my  
throat also gets dry after  
a good night's sleep.  
It's an uncomfortable  
feeling, but I'm healthy.

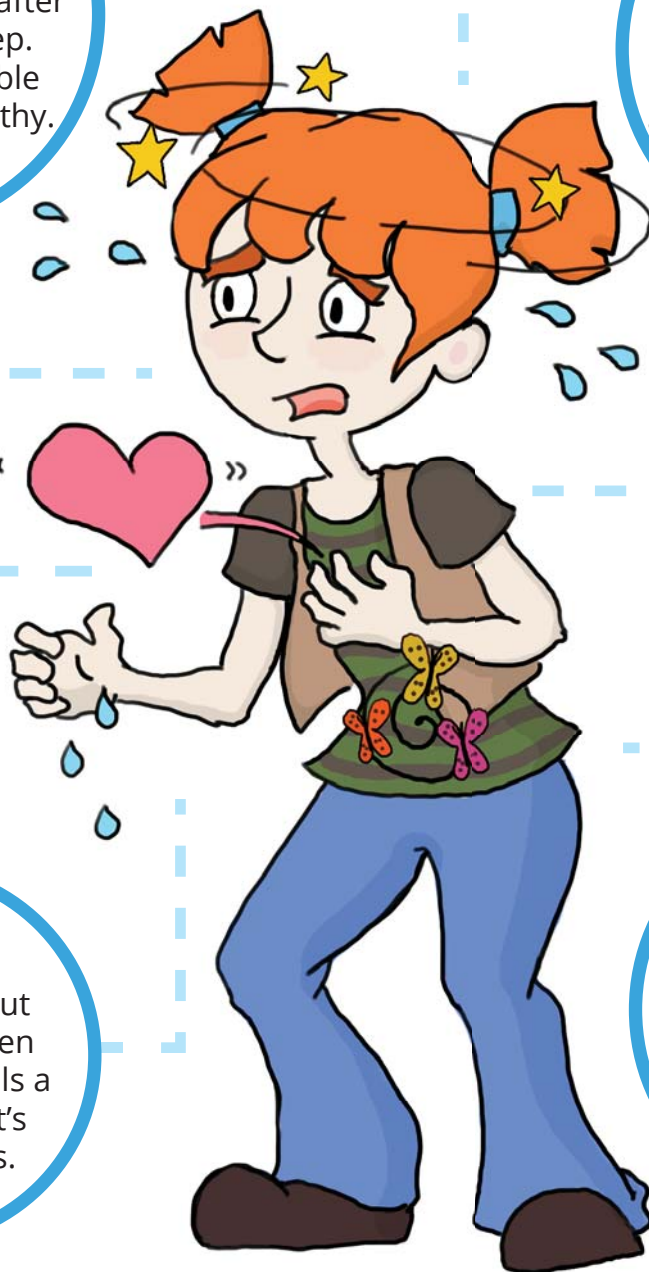
**I get dizzy**  
when I panic, but I  
also get dizzy on roller  
coasters. It doesn't feel  
great, but I am safe and  
the feeling will pass.

**My heart races**  
when I panic, but it  
also races when I go  
for a run. It feels  
uncomfortable, but  
I'm not in danger.

**My chest gets tight**  
when I panic, but my  
chest also gets tight  
when I'm cold. It feels  
a bit strange, but the  
feeling will pass.

**I sweat**  
when I panic, but  
I also sweat when  
I exercise. It feels a  
bit funny, but it's  
not dangerous.

**I get butterflies**  
in my stomach when  
I panic, but I also get  
them when I'm excited.  
It doesn't feel great,  
but I am safe.



**“I’m uncomfortable, but I’m not in danger.  
These feelings will pass.”**