

# Fix Your Freakout

## 1. Breathe

Breathing slowly and deeply triggers your body's relaxation response. This will lower your heartbeat and stabilize blood pressure.<sup>1</sup>

## 2. Get Grounded

Quick! Pick a color. Look for as many things in your environment as you can with that color. This will connect you back to your body and get you out of your head. Give your mind a break.

## 3. Get Up

Change your environment. Use the restroom. Go for a short walk. Do some jumping jacks. Exercise will get your blood flowing and pump up your ability to be creative.<sup>2</sup>

## 4. Get Fueled

Now that you're up, go grab a healthy snack. Make sure to get a glass of water to go with it. If you're hungry or thirsty it will pull your focus off of your work. Take care of those needs now.

## 5. Get Focused

Scan your environment. Use your 5 senses to find distractions. Turn off the noise. Move eye catching objects. Light a scented candle. Put on calm music. Make this your ideal workspace.

## 6. Get Here

Let go of what's already happened. Don't think about what might happen. Come back to here and now. Right here and right now you have the power to do something.

## 7. Get Pumped

What have you been telling yourself about your situation? What do you say about yourself? If any of it is negative now is the time to stop. Remind yourself of how awesome you are. You can do this!

## 8. Get on Task

Now come back to your original problem. Have you clearly defined what's wrong? Be clear about what you want to achieve and why you want to achieve it.

## 9. Get Thinking

How can you solve your problem? Brainstorm some ideas. Write them down. This is the time to use lateral thinking by coming up with new choices. Use your imagination for a fresh perspective on the situation.

## 10. Get Going

Look over your list of ideas. What's one simple thing you can do to make progress right now? Go do it. Don't worry about how it's all going to get done. Focus on that one thing that will move you forward.

## \*Keep Breathing

Check in with yourself every now and then to make sure you're still breathing deeply. This will help you stay focused and prevent another freakout.

# You're going to be just fine.



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1. <http://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>  
2. <http://www.apa.org/pubs/journals/releases/xlm-a0036577.pdf>