

# Coping with anxiety or panic attacks at home.

## How do I feel today?

	<b>GREEN ZONE</b>  <b>You are coping well.</b>	<b>YELLOW ZONE</b>  <b>Take action today.</b> Call: Our current circumstances are unusual and stressful. Feeling some anxiety about that is normal, but it's important to keep track of whether or not that anxiety is starting to take control. These questions can help.	<b>RED ZONE</b>  <b>Take action now!</b> Call:
How do I feel?	<ul style="list-style-type: none"> <li>I feel calm.</li> <li>I feel like I can sit or lie still.</li> </ul>	<ul style="list-style-type: none"> <li>I have been more anxious than usual in the past 2-3 days.</li> <li>I have had more panic attacks than usual in the past 2-3 days.</li> </ul>	<ul style="list-style-type: none"> <li>My usual plan for reducing anxiety isn't working.</li> <li>For the last few hours I feel:               <ul style="list-style-type: none"> <li>My body shaking</li> <li>My heart pounding</li> <li>Like I can't breathe</li> <li>Out of control</li> <li>Intense fear</li> </ul> </li> <li>I feel confused or irritable.</li> </ul>
Is my anxiety medicine helping?	<ul style="list-style-type: none"> <li>My medicine is helping.</li> </ul>	<ul style="list-style-type: none"> <li>I'm taking my anxiety or panic medicine but it doesn't feel like it is helping as much.</li> <li>I still feel anxious, restless or fearful.</li> </ul>	<ul style="list-style-type: none"> <li>My medicine isn't helping at all.</li> <li>I can't do any of my usual activities.</li> <li>I'm not sure what to do now.</li> </ul>
How is my activity and sleep?	<ul style="list-style-type: none"> <li>I'm sleeping well.</li> <li>I sleep 7-8 hours a night.</li> <li>I'm able to get some daily exercise.</li> </ul>	<ul style="list-style-type: none"> <li>I'm not sleeping well.</li> <li>I wake up often worrying.</li> <li>I'm not getting any daily exercise.</li> </ul>	<ul style="list-style-type: none"> <li>I'm up all night.</li> <li>I haven't slept in 2 or more nights.</li> </ul>
<b>Things to help me feel calm:</b>			
Limit the number of people in the room.	Keep the noise level low.	Lower the lights.	Play calming music.
Imagine myself in a calm place.	Practice my calming breathing exercises.	Learn about and control my anxiety triggers.	Seek support. Talk to someone when I feel overwhelmed or panicked (friends, family member, therapist, clergy member, etc.). Tell them how they can help.
Get a healthy amount of sleep, stay active and eat a well-balanced diet every day.	Take my medicines as prescribed. Don't stop taking or change any medicine without talking to my doctor about it first.	Other ideas:	<b>COVID-19 Stress Hotline</b> <b>Call: 211</b>

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