



## A Compassionate View

- ♥ Notice the sensations in your body – notice the body’s energy field.
- ♥ Say to yourself: ***'Something in me is very anxious and tense'***
- ♥ Be kind to it – put a hand on it, it is just protecting you from what it feels as threatening. It is the amygdala (emotional brain), who is not rational, however, from its point of view it has all reasons to be frightened.
- ♥ Say ***'hello'*** to the thinker in you who draws up worrying images and thoughts. (It might be helpful to imagine a little puppy inside of you who is scared and draws up these images and thoughts. Connect the images to that puppy and be compassionate with it. Similarly, it can be helpful to find a specific place in your body where that anxiety (puppy) resides, so as to create a distance between you and ‘it’)
- ♥ Say ***'It's ok - I am with you'*** just by acknowledging it, you stop fueling it with energy and it has achieved what it wants, namely your attention!

P.S. When engulfed with panic – let it do what it needs to do – surrender to it and wait it out. Just like you’re being caught by a wave don’t fight it, keep your energy for later. Try to be curious ***'Oh what will it do next?'*** and ***'What is happening now in my body... and now etc.?'*** just follow it.