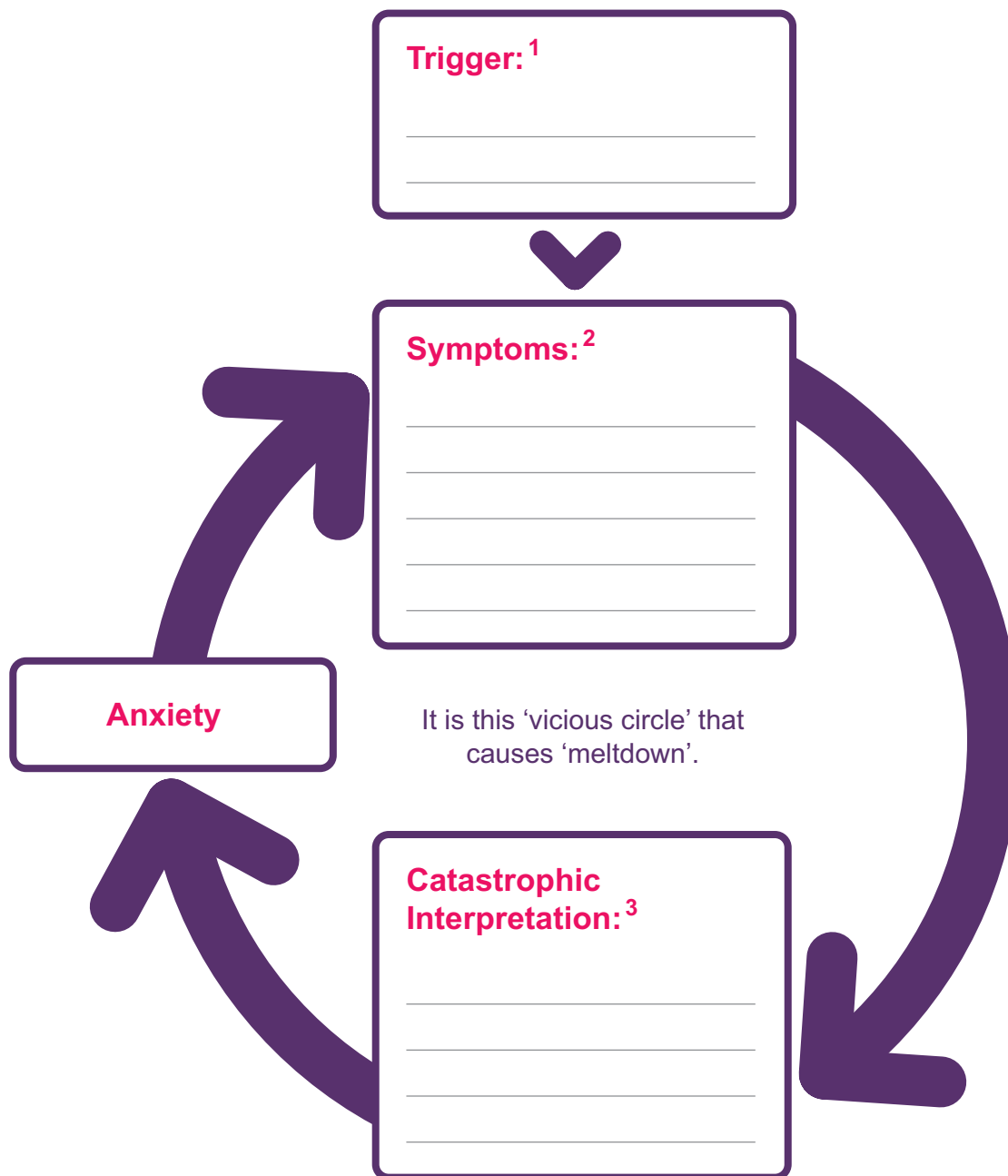


How meltdown happens, and what to do.

These vicious attacks may not be caused by panic, but they certainly result in it!



Notes:

1. Sometimes you will be able to identify a trigger, other times maybe you won't be able to. If you can't, then just write in whatever was happening immediately before the symptoms started.
2. Symptoms are normally caused by hyperventilation – having too much oxygen in the bloodstream. The solution to this is usually to breathe slowly and deeply – thereby using the less efficient “tail ends” of the breathing cycle.
3. The interpretation of symptoms may cause a very high degree of anxiety, which in turn makes the symptoms worse. The emotional brain hijacks the rational brain and makes it difficult to think straight, or even see straight. The solution to this is (a) to “blank” all emotions, thoughts and symptoms, and instead to (b) focus on whatever is happening around you; the road if you are driving; the conversation if you're having a conversation, etc.