

### **Eyebrow Sweep or Silencing the Alarm**

1. Place fingertips of your right hand between your eyebrows
2. Sweep your right fingertips above your left eyebrow
3. Over and behind the ear
4. Down your neck
5. Over your shoulder
6. Down your whole arm going over the point of your elbow and fingertips
7. Do this 4 or more times
8. Repeat on the opposite side using your left hand
9. Place fingertips of your left hand between your eyebrows
10. Sweep your left fingertips above your right eyebrow
11. Over and behind the ear
12. Down your neck
13. Over your shoulder
14. Down your whole arm to the point of your elbow and fingertips
15. Do this 4 or more times
16. You can do this two handed about 10 times

### **Halfway Breathing – good to use when feeling a panic attack starting**

1. Breath out all the way, all the way, all the way
2. Breath in halfway
3. Breath out all the way, all the way, all the way
4. Breath in halfway

Combine Silencing the Alarm and Halfway Breathing or do them separately.