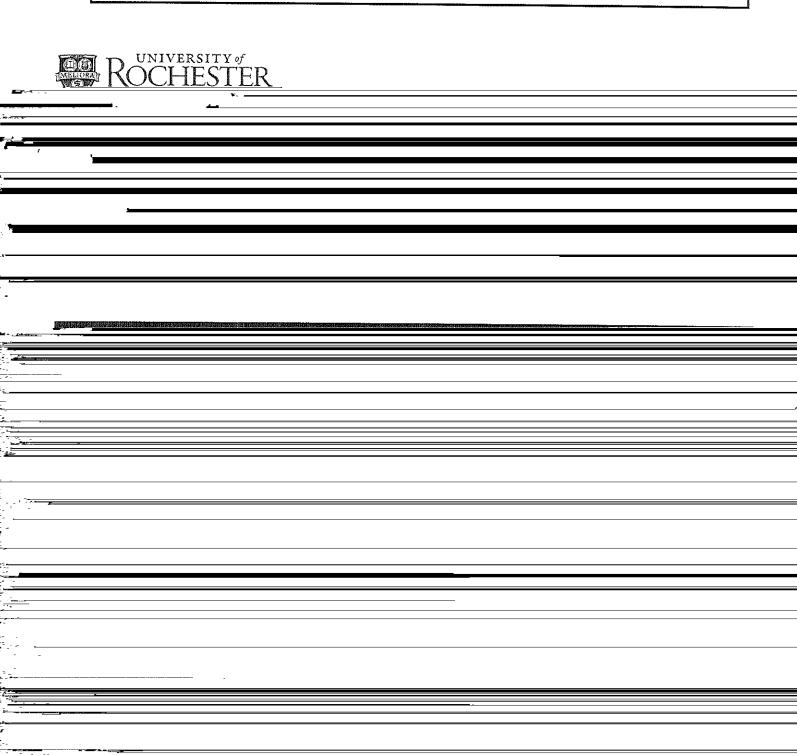
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	1. Common Fear: "I'm going to have a heart attack."
-	Common real. Thi going to have a heart attack.
	Modical Deality, Having systems shaped black with the last of the
	Medical Reality: Having extremely rapid heart rate with a panic attack can be really scary, but it's not dangerous. A healthy heart can beat up to 200 times a minute for hours, even
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	days, without being damaged. Unlike a heart attack, a panic attack does not deprive the
	heart of oxygen. If you're having panic attacks a medical doctor can test to ensure your heart is healthy. In the case of a heart attack, the primary symptom is continuous pain and
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	your belly rumbling that counts! Focus on things you can hear outside of your body.
-, ` 1	2: Acknowledge TWO things you can smell. Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to take a brief walk to find a scent you could smell soap in your bathroom. or nature outside.
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	· · · · <u>·</u>
	1: Acknowledge ONE thing you can taste. What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?
*	This technique is one of many options you could use if you are feeling anxious or
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