

# ¿CÓMO ACTUAR ANTE LOS ATAQUES DE PÁNICO?

Mantenerse en un lugar tranquilo y cerrar los ojos

Tener presente que no estamos ante una situación amenazante

Distraer la atención centrándose en algo diferente

Tratar de controlar la respiración durante el ataque de pánico

Visualizar en la mente un sitio que te haga sentir tranquilo

Relajar los músculos también puede ayudar



# Ataques De Panico

**Michael Seilmaier**



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