Fears about Covid-19 can take a big emotional toll, especially if you already live with some degree of anxiety (and that is most of us at one time or another). Whether you are dealing with the effects of the virus at this very moment or are bracing for what may come, feelings of panic are understandable and not uncommon.

Below are 10 rules for helping yourself move from a panicked state to a calmer one:

1) **Remember** feelings of panic are just exaggerations of normal bodily stress reactions.
2) Know that feelings are not facts and sensations are neither harmful nor dangerous—just unpleasant.
3) Don’t add to your panic with frightening thoughts of where the panic might lead.
4) Focus on taking slow, deep breaths.
5) Bring your attention to the present moment. **Use the 5-4-3-2-1 coping technique.**
6) Notice that when you stop adding to the panic with frightening thoughts, the fear begins to fade.
7) Focus on facing the fear with a sense of detachment rather than trying to escape it.
8) Redirect your attention. Plan what you will do next as the panic subsides.
9) Become aware of the progress you have made so far, despite the difficulties.
10) Repeat these steps as necessary.