

## Case Examples

- Craig was experiencing
  - A tension headache, tightness in his chest & difficulty breathing (**level 1**)
  - Nausea (**level 2**)
- Since most of his symptoms were level 1, he could move on to the next step.
- Simon was experiencing
  - Nausea
  - And difficulty gathering his thoughts
- Since his symptoms were in level **2** and **3**, it is important for these anxiety symptoms to reduce before going further. He spent some time focusing on the sensations in his body while also engaging in deep breathing exercises.
- If this does not settle the anxiety after a few minutes, try engaging the logical part of your brain through a task such as counting forward by **3s** to **300**; naming a country that starts with each letter of the alphabet or saying the alphabet backwards.
- Then return to the task of noticing the symptoms in your body.

