



My name is Phil Basten, and among other things, I am a member of the Australian Institute of Professional Counselors. I have been studying human nature for over 30 years with a focus on behavioral psychology.

My partner, Jane Mark, holds a Master's Degree in Psychology.

With the advent of the Corona Virus (COVID-19), we've watched as our neighbors, friends, and family became more and more anxious and, in some cases, suffer from panic attacks.

So, we decided to pool our 60 years of collective experience and training and have our family help your family with some strategies that work.

Let's stipulate from the outset;

**It's okay to be afraid.**

In uncertain times like this, fear is natural. Being anxious is normal.

Fear can be an enemy or a friend.

What counts is what you do when it appears.

In this report, we are going to cover some strategies that you can use right now to survive and thrive when fear threatens to swallow you up.

Each strategy begins with a memory key, headline, followed by an explanation of how this strategy works and what action you can take to reduce the power of fear and anxiety over your life.

## *Foreword by Jane Mark*

One of the reasons that my partner, Phil Basten, and I wrote this book together is because, for the last month, with the world falling apart, I broke down in tears a lot. That's when Phil asked me to help him work on this project, and I was able to experience how well it worked for myself.

Usually, I am not like this. People who know me will tell you I often have a smile on my face and a can-do attitude full of fun and determination, but;

Watching the nurses and the doctors fighting to save lives in my beloved New York City kept getting the best of me. Seeing the streets of Broadway empty was eerie and sad, and watching hospitals get built up in Central Park broke my heart.

My kids and Grandkids live 2 minutes from me, but I could only contact them by phone. It made me crazy at times. I put myself in the shoes of my 17-year-old grandson, who loves baseball and pitches a mean game and loves to drive his car and show off to his girlfriend.

I thought about my four-year-old grandson who just started to enjoy school and now was playing all alone at home, and I tried to imagine how I might feel when I was growing up if this happened to me It felt lonely.

Whenever I lost it and the tears began flowing, Phil would walk me through many of the tips in this the Panic Attack book until some semblance of normalcy returned, and I could go on with the daily routine that I am used to and enjoy while sheltering at home.

If you have ever felt sad, depressed, anxious during the COVID-19 weeks and months, this book is for you.

If you'd like to have some coping mechanisms that you can use every day in your life when all the madness ends, this book is for you.

If you lost or been furloughed from your job, and you want to find out to supplement your income from home. This book is for you.

Sit back, relax, take a deep breath, and know that there are people out there like my partner, Phil, who can help you feel better when you are down. They can give you useful tools to make life easier and sweeter and more loving.

As I like to say:

"Go get, Um."

Jane

Jane Mark

President of JAM Marketing Inc.

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## 1. Breathe



Every day you can wake up and take your first breath is a good day.

The first thing you need to do when you feel anxious and afraid is to breathe.

Do not talk, think, or do anything else. Just focus on breathing.

Shut the door, turn the movie or music off, and tune out any other distractions. Get in a quiet place and breathe.

In through the nose, out the mouth.  
In through the nose, out the mouth.  
In through the nose, out the mouth.

Long slow breaths. Fill your lungs up and exhale slowly.

Do this ten times, 3-times a day, and you should feel your body starting to relax.

Only when you are relaxed are you ready to go to work and begin coping with your panic and your fears and solving them.

Breathing exercises can have some positive effects on the body.

- \* It can help you focus on one single thing and increase performance.
- \* It can help reduce anxiety and depression.
- \* It can help increase our energy level.
- \* It can help reduce blood pressure.
- \* It can help you manage stress.
- \* It can help you relax your muscles.
- \* It can help you change how you feel.

***Remember - Before anything else, do this breathing exercise each morning. It's a great way to start your day.***

## 2. Pinpoint your panic



The first thing you need to do is to figure out what situations trigger your panic attacks. You can't deal with what you don't know.

We call this strategy the PPP approach, or pinpointing your panic, giving a name to your fears.

Write down the specific things you are afraid of and then speak each one out aloud.

The spoken word is powerful.

If you don't speak your fears out loud and confront them, they will keep haunting you until you do.



Here are some common triggers. If any of the phrases below apply to you, write them down, one at a time, and then speak each one out aloud.

Your own words or phrases may be different, but you must name them.

Examples:

"I'm afraid I might get sick and die."

"I'm afraid I might die alone."

"I'm afraid I won't have enough money to take care of my family."

"I'm afraid of being lonely."

"I'm afraid someone I love may leave me."

"I'm afraid others might make fun of me."

"I'm afraid I might look weak."

"I'm afraid I might lose my home."

"I'm afraid someone I love might die."

"I'm afraid I might catch the virus from someone I am treating, serving, or shopping for."

Many things in our lives can cause us to be afraid, and if we don't face them, they can become part of us, dominate us, and lead to panic.

***Remember to pinpoint your panic, so you know what scares you.***

### 3. BAAAH and the finger.



By now, you should have identified your panic triggers and named them.

Now we are going to discover new ways you can look at these triggers and the way you react to them, and we call this technique BAAAH and the finger.

Jane and I learned a valuable lesson a while ago from our puppy trainer, Brad, who works for an Australian company called Bark Busters. You have to give it to the Australians; they know what they are doing.

We have a 12-week old Pomeranian puppy named Teddy. He is adorable, but he gets into everything and regularly misbehaves.

Brad showed us how to correct Teddy's behavior.

You put on a stern face, point your finger at him, and loudly growl the word BAAAH! Most of the time that calms him down, and he pays attention, cocks his head, and listens.

We want you to do this with each of the PPP (Pinpoint Panic) phrases that you identified in step two above.

Stand up, look at the words or phrases that are making you afraid. Point your finger at them, give them a stern look and growl the word BAAAH at each one in a booming voice.

You might want to do this step alone.

I don't think you want your family and friends watching you do this; they might send for the men in white coats.

The idea here is to take control of your fears, not add to them.

***Remember, take each fear, point your finger at it and growl the word BAAAH. A deep throaty BAAAH. Let it know you are angry at it for trying to scare you.***

## 4. Number your fears.



Now let's identify your most important and urgent fear and put that in the number one position.

Write it down and label it number one.

Look at it carefully and see if you can come up with a few ideas that might make it less consuming, less powerful.

Example:

Let's say your number 1 fear is, "I'm afraid I might get sick and die."

Getting sick and dying is a fear many people have in today's uncertain world, and it is the cause of many panic and anxiety attacks.

We are all afraid to some degree.

- \* First responders are afraid.
- \* Doctors are afraid.
- \* Shopping clerks are afraid.
- \* Parents are afraid.
- \* Children are afraid.
- \* Older people are afraid.
- \* Governors are afraid.
- \* Mayors are afraid.

Everyone is afraid.

It's okay to be afraid.

But you can't let fear dominate or control you. It will destroy you.

You need to -

Challenge it.

Deal with it.

Bend it to your will.

You need to rebrand your fear.

How do you do this?

You add a positive statement to your fear and say it out loud until you mean it and believe it. You will know when that is.

Example;

"I'm afraid I might get sick and die."

Add the positive statement - But not today."

Now your fear looks like this.

"I'm afraid I might get sick and die – but not today."

Repeat this as often as you need to until you feel strength rising inside you. Until you feel better, more in control.

Let's take another fear you may have.

"I'm afraid I won't have enough money to take care of my family."

Again, rebrand the fear.

"I'm afraid I won't have enough money to take care of my family. But I won't let that happen because I am going to find myself a mentor and learn everything I can about making extra money.

Remember; number your fears in order of importance and rebrand them in your own words and say them out loud.

When you do this, you may find that those fears further down the list aren't so important or influential anymore.

Now we are going to look at some different ways to reduce the power of fear and turn it to your advantage.

Follow instructions from the doctors and health professionals who are on the front lines of this pandemic.

People like Dr. Fauci (Director of the National Institute of Allergy and Infectious Diseases). Dr. Irwin Redlener (pediatrician and director of the National Center for Disaster Preparedness at Columbia University). Dr. Joseph Fair (virologist, epidemiologist).

- \* Stay at home.
- \* Take your temperature daily.
- \* Wash your hands frequently throughout the day for at least 20 seconds.
- \* Reduce your contact with other people as much as possible.
- \* Wear gloves and a face mask when you go out.

This separation should include your parents and grandparents, or anyone you love that you want to protect.

If you do have contact with others, like food delivery people, parcel deliveries, wash your hands, and clean any doorknobs or other items that you may have touched while you are in contact with others.

Okay, so you have named your fear, and you are following the rules and suggestions above.

Give yourself a round of applause.

***Remember - Number your fears and place the most important ones at the top of the list.***



## 5. Stay in touch.



Many of us are stuck at home, away from family and friends. It feels strange, terrifying, and alien. This separation does not come naturally to us.

We are not built this way.

We are not meant to be hermits.

The good news is we don't need to remain alone.

We live in the marvelous age of technology, and that means we can keep in touch face to face. We can FaceTime, we can Skype, and we can Zoom. Even just a voice on the other end of the phone can provide comfort and some sense of normalcy.



We can use our computers to discover new ways to connect and then keep our families, friends, and customers updated on social media. We can shoot a short video to send to our friends to let them know what we are doing.

We can call or text a friend and give them an encouraging word to help them get through a tough time. You might be pleasantly surprised at how good a small gesture like that can make you feel.

We can give our loved ones a virtual hug and kiss as I do with my kids and grandkids in Australia. It makes a difference.

We can reach out and ask for help if we need it, and we all do at times.

There is no shame in asking for help when you need it, and let's face it, what's the worst that can happen. The person you are requesting relief from might say no. And if they do say no, you can always ask someone else.

Don't take it personally; they are not rejecting you. Maybe the person you are asking for help from is not in a position to help at this time.

If you need someone to pick something up at the store for you, ask for help.

If you need extra money, do some research to see what Government funds might be available to you. Look at ways you might be able to make some money on the internet.

***Remember - Stay in touch with your loved ones and friends. It's important and they will thank you for it.***

## But wait, there's more.

Now that you have had a chance to test the first five strategies, and you want to shoot for the stars and try out the rest, you can purchase the remaining twelve methods by going to [UNMESS YOUR LIFE](#) and grabbing your copy of the ebook Panic Attacks and How to Survive Them.

In the ebook, you will discover –

- \* How to inject some "normal" back in your life.
- \* How to live a happier, more prosperous life.
- \* How to speak good things and change your life.
- \* How to be kind to yourself, and why it matters.
- \* How being kind to others can make you feel a whole lot better.
- \* How to take failure and turn it into success.
- \* How to put the magic back in your life.
- \* How to change the way you look at things and see the items change.
- \* How to prepare for and embrace significant changes.
- \* What to do when the pain and grief are unbearable.
- \* How to prepare for the time when the light will shine again.
- \* How to make money when you find yourself stuck at home with limited resources, and how to provide a much-needed service to those in need.

**Thank you. Thank you. Thank you.**

Let us never forget all those who have helped us in this troubled time and risked their lives for us.

- \* The firefighters.
- \* The paramedics.
- \* The nurses.
- \* The doctors.
- \* The ambulance, bus, and train drivers.
- \* Police officers.
- \* Military Personnel.
- \* Taxi drivers.
- \* Grocery store workers.
- \* People who deliver our groceries.
- \* All those who help us look after our homes.
- \* Those who deliver the goods we order online.
- \* The hairdressers who perform at-home services.
- \* The postmen and postal workers.
- \* The trash collectors.

I apologize if I missed anyone.

Thank you! Thank you! Thank you!

Please share this report with everyone you know. Get your free copy at [UNMESS YOUR LIFE](#)

## A nest egg



When you purchase the full ebook you will be shown a way to brand the links in the ebook and the links below with your affiliate IDs and that will give you an easy way to make money by simply giving away this free report.

Here's how that works.

Millions of people have been laid off or furloughed from their jobs and stuck at home due to COVID-19.

Some people are fortunate to have a nest egg they can fall back on, but others are not in a position to do that and struggle paycheck to paycheck.

So what can you do when you find yourself stuck at home with limited resources?

If you own a computer and you can connect to the internet, you can make money online, and here is a simple way to do this.

You can brand the report and this ebook with your affiliate ID's and make money when readers order the ebook, or branding, or they signup and upgrade at any of the three sites below.

The Panic Attacks report covers the first five strategies that show you how to begin to master fear, anxiety, and panic attacks.

### **You give this report away free.**

In this free report, there is a short sales message with a link to the website where the reader can go to purchase the full ebook and purchase the branding rights if they want to make money with this needed resource.

### **So how do you make money by giving away a free report?**

You can earn \$7.00 when people purchase the ebook for \$17.00 through your affiliate link in the report.

You can earn a 40% commission when people purchase the ebook branding for \$77.00 through your affiliate link.

You can also earn commissions by [branding the links below](#). You can join FrontPage Mail and Profit from Free Ads free, and Onyalist is only \$47.00 for a pro membership.

One of the first rules in making money online is to build a list. The four websites below will help you do this. Onyalist will help you do that. It takes no skill, and you can get a capture page set up in a matter of minutes.

1. Go to [Profit From Free Ads](#) and signup free. I will add 70,000 ad-credits in your account to start you off. (These credits have a value of \$350.00).
2. Go to [FrontPage Mail](#) and signup free. I will add 100,000 ad-credits in your account to start you off. (These credits have a value of \$500.00).
3. Go to [Onyalist](#) and signup for a pro membership. Onyalist takes no skill, and you can get a capture page set up in a matter of minutes.
4. Go to [Sokule](#) and signup free. I will add 10,000 list building credits in your account to start you off.

Now to build your list, you will need to use other people's lists (OPL). The way this works is you signup at other people's sites where they allow you to email their members, and you send your capture page offer to their list and steal their members. It's perfectly legal, and everyone does it.

The four sites above are all you need to start building a list and making consistent money online. You can earn commissions as a free member, but you will make more money as an affiliate if you choose to upgrade to a higher membership at these sites.

Helping others is the ideal online business when you are stuck at home, and you can get started today for only \$94.00 when you buy the ebook and brand it and join the sites above.

You could turn \$94.00 into \$2023.00 per sale if people upgrade in the four sites via your affiliate links.

[Click to brand this ebook with your links.](#)

***Remember – Start building your nest egg now. You never know when you might need it.***

Thank you for allowing us to take this journey with you through Panic Attacks and How to Survive Them.

You can contact us anytime by email at [unmessyourlife@gmail.com](mailto:unmessyourlife@gmail.com) or by visiting our support desk.

Note: The information in this report should not replace the directions given to you by your doctor or therapist. We offer it as a guide. All we are doing is giving some tools you can use to reduce your stress levels until you can see your doctor or therapist.

Note: We purchased all images in this ebook from <http://123rf.com>