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THE 7-STEP BODY SCAN


Guide Your Body Away from Panic Attacks



OXANA COLIBNIC

How to become aware of your body when it feels impossible to calm your mind.

THE 7-STEP BODY SCAN



Reclaim control.

When you feel a panic attack building, where does your mind go?

In this moment, the worry or fear of your panic elevating from level **1** to **100** might be all you can focus on.

As panic sets in, awareness of your **physical** self is the key to staying in charge.

My 7-Step Body Scan gives you an easy structure to slow down your panic attacks as they happen—and ultimately reclaim control of your body and mind.

Oxana

www.oxanacolibnic.com