

Exposure Exercises for Panic Disorder:

- Running on the spot for 30 seconds to 1 minute (racing heart, breathlessness, chest discomfort)
- Running up and down stairs for 30 seconds to 1 minute (racing heart, breathlessness, chest discomfort)
- Rapid, deep, breathing for 30 seconds to 1 minute (dizziness, breathlessness, racing heart, numbness and tingling)
- Breathing in and out through a small straw for 30 seconds to 1 minute, while pinching nostrils (choking sensations, breathlessness, racing heart)
- Shaking head from side to side or moving head around by drawing a circle in front of you with your nose for 30 seconds (dizziness)
- Spinning around in place or spinning in a chair for 30 seconds (dizziness, nausea)
- Holding your breath for 15 to 30 seconds (breathlessness, dizziness)
- Staring at your hand for 2 to 3 minutes (feelings of unreality – things looking and seeming weird)
- Staring at a light on the ceiling for 1 minute and then trying to read something (blurred vision)
- Wearing a tight turtleneck or scarf around your neck for a few minutes (tightness in the throat)