

Bi-lateral stimulation engages both hemispheres of the brain. Engaging both hemispheres of the brain helps dissipate the energy of a panic attack or extreme anxiety from increasing.

This bi-lateral stimulation technique is simple and effective for easing anxiety and panic attacks. It is most effective when performed as soon you notice the feeling starting to arise.

Listen to the audio recording and follow the instructions.

You can do this several times. Concentrate on relaxing every time you toss your object.

Choose a small ball, water bottle or other object that is easily and safely tossed from hand to hand.

As the object is gently tossed from one hand to the other, the hands should alternate crossing **the mid-line or center of the body**. Repeat this activity for at least one minute or until a calm state is resumed. Practice the breathing technique as you perform this activity for even greater benefit.

