

PANIC ATTACK

RECOVERY

DAREBEE MINI WORKOUT © darebee.com



Count: 5-4-3-2-1

while shaking your hands rapidly.



Count to 10 & hold.

Expand your chest,
shoulders back, hands on hips.



Take a very deep breath.
Take a shallow breath
immediately after.
Breathe out slowly.



Count to 20

while holding the fold.