

A Step-by-Step Guide to Reclaiming  
Your Peace of Mind:

# ROADMAP TO RELIEF



## Your 10-Page Guide to Calming Stress, Soothing Anxiety, and Stopping Panic Attacks

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# Welcome & Breathe

**First, take a deep, slow breath. You are safe.**

If you are reading this, you are likely feeling exhausted. Living with chronic stress, heavy anxiety, or the looming fear of your next panic attack takes a massive toll on your mind and your body. You might feel like you are losing control, constantly on edge, or unable to enjoy the present moment because your brain is always anticipating the next disaster.

I want you to know two very important things before you read any further:

1. **You are not broken.**
2. **This state of high alert is not permanent.**



Anxiety can feel like a life sentence, but it is actually just your body's survival system getting stuck in the "ON" position. Your nervous system is trying to protect you, but it is working overtime.

This 10-page roadmap is designed to help you turn that alarm off. You don't need years to see improvement. By applying the tools in this guide, you can start signaling safety to your brain today.

Over the next few pages, you will learn the exact biological mechanisms behind your anxiety, how to stop a panic attack in its tracks, how to lower your daily baseline stress, and how to rewire your nervous system for lasting peace.

Let's get your life back.

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## Understanding the Beast

**What is actually happening to your body?**

To defeat anxiety, you must first understand it. The symptoms you are experiencing—the racing heart, the tight chest, the dizzy spells, the racing thoughts—are not random. They are deeply biological.

Inside your brain is an almond-shaped structure called the **amygdala**. Think of it as your body's internal smoke detector. When it senses danger, it immediately floods your system with adrenaline and cortisol (the "fight or flight" hormones). It diverts blood away from your stomach and into your limbs so you can run. It makes your breathing shallow and fast. It is a brilliant system if you are being chased by a bear.

But what if there is no bear?

What if the "threat" is just an email from your boss, a traffic jam, or a random physical sensation?

Your amygdala doesn't know the difference between a physical threat and a psychological one. It just sounds the alarm.

- **Stress** is when the smoke detector is constantly humming in the background because of daily pressures.
- **Anxiety** is the lingering, fearful anticipation that a fire *might* start in the future.
- **A Panic Attack** is when the smoke detector goes off at maximum volume, triggering a full physical survival response—even though you are perfectly safe.



**The Relief Shift:** Your body isn't attacking you. It is aggressively trying to protect you from a threat that isn't actually there. It's a false alarm. Once you realize your anxiety is a biological misfire and not a true emergency, you take its power away.

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## Phase 1 — The Emergency Brake (For Panic)

How to stop a panic attack in the moment.

When a panic attack hits, your rational brain (the prefrontal cortex) essentially goes offline. You cannot simply "think" or "logic" your way out of it. Because your body is in physical distress, you must use physical tools to tell your brain you are safe.

Here are three highly effective emergency brakes:

### Tool #1: The Physiological Sigh

When we panic, we over-breathe, throwing off the balance of oxygen and carbon dioxide in our blood. To reset this quickly, use the Physiological Sigh (a technique proven to rapidly slow heart rate):

- Take a quick, sharp inhale through your nose.
- Immediately take a second, tiny "top-off" inhale through your nose to fully expand your lungs.
- Exhale slowly and completely through your mouth like you are blowing through a straw.
- *Repeat this 3 to 5 times.*

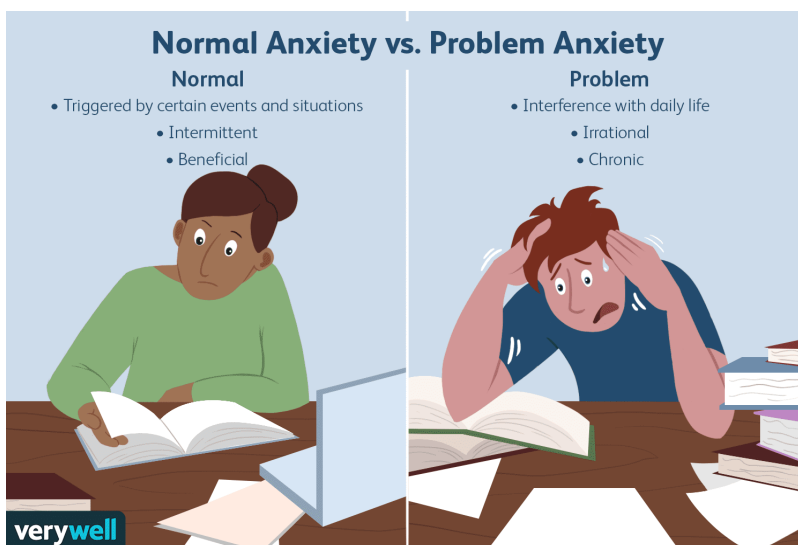
### Tool #2: The 5-4-3-2-1 Grounding Method

Panic forces your brain into the terrifying "what ifs" of the future. This tool forces your brain back into the present reality. Look around the room and say out loud:

- **5** things you can see (a chair, a picture, a tree).
- **4** things you can physically touch (the fabric of your shirt, the cool wall).
- **3** things you can hear (hum of the fridge, traffic outside).
- **2** things you can smell.
- **1** thing you can taste.

### Tool #3: The Shock

If you feel a panic rising, water on your ice cube in your sudden, intense the



### Temperature

wave of intense splash ice-cold face, or hold an hand. The cold activates "Mammalian

Dive Reflex," which immediately forces your parasympathetic nervous system to kick in and slow your heart rate down.

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## Phase 2 — Daily De-escalation (For Stress)

### Lowering your baseline stress.

Imagine walking around all day holding a glass of water filled to the very brim. That water represents your daily baseline stress. If the glass is full, even a tiny bump in the road will cause it to spill over into a panic attack or an anxiety spiral. We need to empty your glass daily so you have room to handle life's normal bumps.

#### 1. The "Brain Dump" (Your Evening Routine)

Anxiety thrives on unorganized, looping thoughts. When you try to hold your to-do list, your worries, and your responsibilities in your head, your brain interprets that clutter as danger.

- **The Fix:** Every night, an hour before bed, take 5 minutes and write down *every single worry, task, and fear* on a physical piece of paper. Get it out of your head and onto the page. Give your brain permission to clock out for the night.

#### 2. The 15-Minute Worry Window

Telling yourself "don't worry" never works; it only makes the worry stronger. Instead of fighting your anxiety all day, give it an appointment.

- **The Fix:** Schedule a 15-minute "Worry Window" at 3:00 PM every day. If an anxious thought pops up at 10:00 AM, tell yourself, *"I hear you, but I will worry about that at 3:00 PM."* When 3:00 PM arrives, worry as hard as you can. Write it down, stress about it, feel it. But when the 15 minutes is up, you are done for the day.



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## Phase 3 — Reframing Anxious Thoughts

## **Don't believe everything you think.**

Anxiety is a liar. It is the ultimate pessimist, always predicting the absolute worst-case scenario. It takes a tiny possibility and turns it into a guaranteed catastrophe. To break the cycle of anxious thinking, you must become an active observer of your thoughts, rather than a victim of them.

When your mind starts spiraling, use the **Catch, Check, Change** method:

### **1. CATCH IT:**

Notice the thought without judging yourself. Say out loud, "I am having an anxious thought."

*(Example: "My friend hasn't texted me back in three hours. She's definitely mad at me and doesn't want to be friends anymore.")*

### **2. CHECK IT:**

Put the thought on trial. Look for the actual, factual evidence. Is this a 100% proven fact, or is it anxiety talking?

*(Example: "Wait, do I have any actual proof she's mad? No. We had a great time yesterday. The fact is, she's just at work right now.")*

### **3. CHANGE IT:**

Replace the catastrophic thought with a neutral, realistic, or gentle alternative.

*(Example: "She is probably just busy or her phone is away. She will text me when she has a moment. I can handle waiting.")*

You don't have to force yourself to be overwhelmingly positive; you just have to guide your brain back to what is realistic and true.

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## **The Physical Anchors**

### **Healing your nervous system from the inside out.**

Your mind and body are intimately connected. You cannot build a calm, peaceful mind on top of an exhausted, over-stimulated body. If you want to heal your anxiety, you must stabilize your physical vessel first.

### **The Caffeine Rule**

Caffeine mimics the exact physical symptoms of anxiety. It raises your heart rate, makes you jittery, and triggers cortisol release. If you suffer from panic attacks, caffeine is pouring gasoline on the fire.

- *Action:* Cut back to one cup a day, drink it slowly, and never drink it on an empty stomach.

### **Blood Sugar Balance**

When you skip meals or eat highly processed sugars, your blood sugar crashes. Your body interprets a blood sugar crash as a survival threat and releases adrenaline to wake you up. This feels exactly like a panic attack.

- *Action:* Eat protein-rich meals or snacks every 3 to 4 hours to keep your mood and energy completely stable.



### **Burn the Adrenaline**

Anxiety builds up massive amounts of physical, nervous energy in your muscles. If you don't release it, it stays trapped in your body, creating tension and restlessness.

- *Action:* You must physically complete the stress cycle. Go for a brisk 15-minute walk, shake your arms and legs vigorously for two minutes, or do a quick yoga routine. Move the energy out.

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## **The "What If" Protocol (Handling Setbacks)**

**Progress is not a straight line.**

As you begin implementing these tools, you will start having better days. But you will also have days where the anxiety comes rushing back, or a panic attack catches you off guard.

When a setback happens, the most common reaction is: *"Oh no, I'm back to square one! The tools aren't working!"*

This is known as the "fear of the fear," and it is the main reason people stay trapped in anxiety. Having a setback does not mean you are failing. It just means your nervous system needs a little more time to heal. When anxiety flares up, remember these rules:

**Do not fight the wave.**

If you stand in the ocean and try to fight a massive wave, it will smash into you and knock you underwater. But if you relax and float with it, the wave simply passes underneath you.

When anxiety rises, drop your resistance. Say this out loud: *"I am feeling anxious right now. I don't like it, it is uncomfortable, but I accept it. It is just a feeling, and feelings always pass."*

**Remember your track record.**

Your anxiety has told you a thousand times that you were going to lose your mind, collapse, or be stuck in a panic attack forever. It has been wrong every single time. You have survived 100% of your bad days. You will survive this one, too.

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# Your Personal Relief Blueprint

**Build your custom action plan.**

*(Print this page out and keep it somewhere visible, like your fridge or your bathroom mirror. When anxiety strikes, it is hard to remember what to do. Let this be your cheat sheet.)*

**1. My Emergency Brake:**

When I feel a panic attack coming on, the specific physical tool I will use to tell my brain I am safe is:

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**2. My Mental Reframe:**

When my brain starts spiraling into "What If" worries, I will use these words out loud to catch and check my thoughts:

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### 3. My Physical Anchor:

One physical habit (reducing caffeine, improving sleep, or daily movement) I commit to focusing on this week to heal my nervous system is:

### 4. My Acceptance Statement:

When I experience a setback, I will remind myself:

*"I am safe. This is just a false alarm. I am floating with the wave, and this will pass."*

## Your Next Step



### You don't have to do this alone.

Congratulations on completing the Roadmap to Relief. You now have the fundamental tools to start easing your stress, shifting your mindset, and stopping panic attacks in their tracks.

But reading about relief and

experiencing lasting relief are two different things.

Anxiety is utterly exhausting, and trying to heal your nervous system in isolation can feel overwhelming. Sometimes, the hardest part of the journey is simply knowing how to apply these tools to your unique life, triggers, and past experiences.

### Let's get your life back, together.

If you are tired of anxiety dictating your life, your relationships, and your happiness, I invite you to take the next step. You don't have to figure this out by yourself anymore.

Click the link below to book a **Free [15-minute / 30-minute] Relief Consultation** with me.

On this totally free, zero-pressure call, we will talk about exactly what you are going through, identify the hidden triggers fueling your anxiety, and map out a personalized, step-by-step plan to get you back to feeling like *you*.

There is a calm, peaceful, vibrant life waiting for you on the other side of this anxiety. Let's go get it.

**Call, text or email for a FREE Discovery Consultation... Contact Information:**

- **Website:**phoeniciancoaching.com
- **Email:**drmjkochdc@gmail.com
- **Phone:**702-748-6802



**Meet Dr. Michael J. Koch D.C. (Ret.),  
Traditional Naturopath**After two decades as a Doctor of Chiropractic, I've seen firsthand how the body has an incredible, innate ability to heal itself when given the right tools. Today, I've retired from clinical chiropractic practice to focus exclusively on my true passion: **Traditional Naturopathy.**

I now work with clients **strictly virtually**, moving away from physical adjustments and into the world of functional nutrition, herbal support, and lifestyle optimization. My goal is to use my 20+ years of clinical knowledge to educate you on how to bring your body back into balance—all

from the comfort of your own home.

*Note: I am a retired practitioner and am not licensed to practice chiropractic or medicine in the State of Nevada. My services are provided as a wellness consultant under NRS 629.580.*

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