

WHY



Do we Panic?

Zaid Zoufi



For those people who don't have much time to read more, Or just simply lazy. Zaid thinks is my personal project to help you read. Our mission is to make people mentally stronger by motivating them to read very short books — literally one word per page. For the extra curious, each page may also contain an optional hidden message.

It's completely your choice!

Why do we panic?

We

We are here on earth for a reason, let's make everyday count!

Panic

Panic is our body's reaction to not really knowing what's going on — it can be tough, but it's solvable

Because

Because everything needs to be in order

We

We are the only ones that can change this situation!

Don't

Don't give up just because it feels hard

Know

Know that no matter what happens, you are not alone in
this

What

What you are experiencing is completely normal, it's just
the way our bodies react

Our

Our goal is not to “never panic”, but to make panic our weapon, and our advantage

Next

Next time just remember, you are completely in control

Step

Step by step, you can change your life and control
anxiety

Is.

Isn't that wonderful? Being able to master our own
minds and emotions

Focus

Focus on what you have, and stop thinking about what
you don't have

On

On a daily basis, we are becoming better as long as we
have the will to do so

The

The moment you realise that accepting your emotions
and regulating them is a key, is the moment you start
winning

Next

Next time you panic, try to think about the first positive action you can take

Step

Step-ping aside won't make your life better

Only.

Only action will change your life

Are

Are you aware of what you are doing wrong?

You

You are not wrong, you are just in panic, but you've got
this

Ready?

Ready to change your future? One step at a time

The End.

Stay in touch with me

Make sure to follow my social media accounts if you want free content about stress, anxiety and panic.

[Instagram](#)

[Threads](#)

Till soon?

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-Never forget, even a small effort is always better than none-