

Complete the following story with the best expression from the vocabulary.

anxiety level

be rational

calm down

panic (about sth)

be conscious of

be scared to death

cure (an illness)

regain control

be in control of

breathing technique

overcome my fear

try a therapy

Last week I \_\_\_\_\_ because I had a mental breakdown. Apparently, My \_\_\_\_\_ was really high, but I \_\_\_\_ not \_\_\_\_\_ that until I talked to my doctor. The first thing she did was tell me to \_\_\_\_\_, and she taught me a \_\_\_\_\_. I could \_\_\_\_\_ in the end, but this seems to be a kind of illness that needs to be \_\_\_\_\_. If I feel the same again, I'll \_\_\_\_\_ with her. So far it's been just exercises: however, I think this is because I'm scared of losing my job. If I \_\_\_\_ not \_\_\_\_\_ and \_\_\_\_\_, I might need to \_\_\_\_\_ with another kind of doctor.