

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.