

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.