

MANAGING A PANIC ATTACK



1. BREATHE

Concentrate on breathing in deeply, through your nose and into your stomach, and breathing out very slowly through your mouth

2. MOVE

A simple, repetitive movement such as stamping on the spot can help you feel grounded and control your breathing during a panic attack.



3. REASSURE

Remind yourself that you are safe. The panic attack you are experiencing has been caused by anxiety, and is not dangerous. It will pass eventually.

4. FOCUS

Switch your focus to small sensory details you find comforting or interesting. Mind suggests you could taste mints, touch something soft or listen to calming music.



5. TALK

Confide in someone you trust and explain to them about your panic attacks, and/or try joining a support group for more help and advice.

6. RECORD

Note down what happens when you feel anxious, to help spot your triggers, and also make a record of coping strategies that work for you.



FURTHER HELP AND SUPPORT

Leading national mental health charity Mind provides lots of useful information about Anxiety and Panic Attacks, including how to manage a panic attack and actions to take after you have experienced a panic attack. You can also contact organisations such as Anxiety UK, YoungMinds and your local GP.