

HAVING A PANIC ATTACK?

Heart
pounding/racing

Hyperventilation/
chest discomfort

Sweating / Chills

Trembling

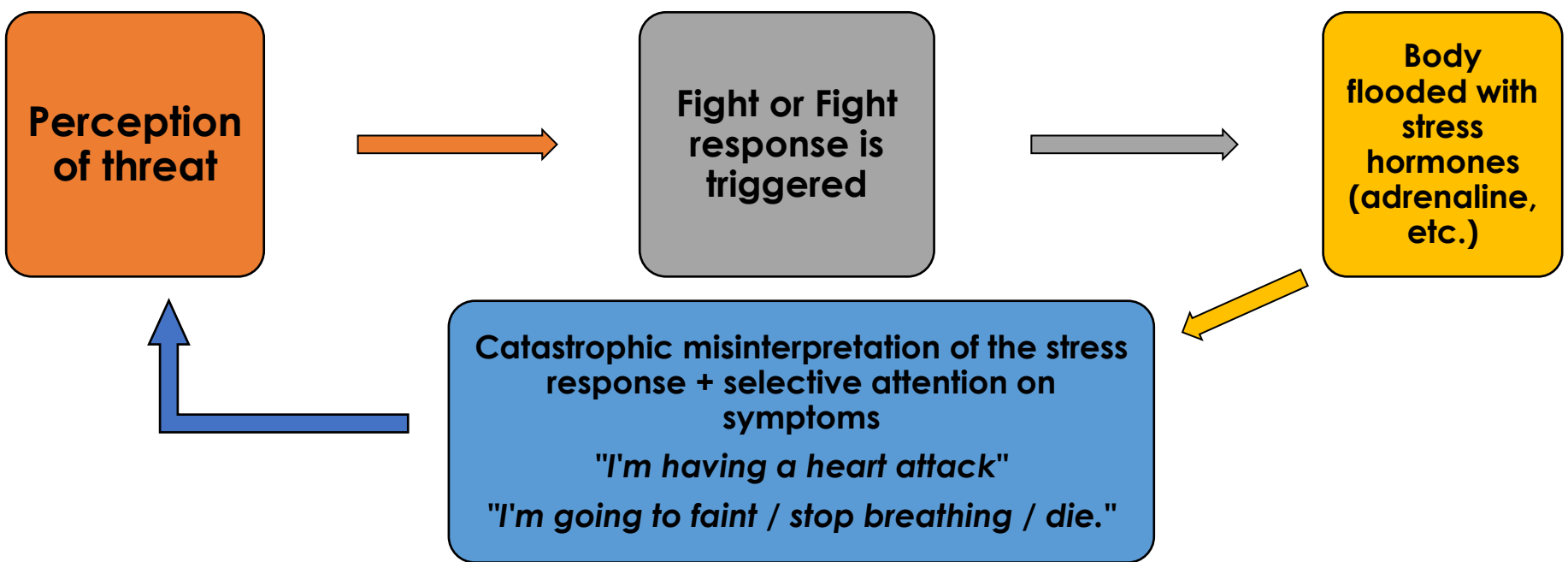
Numbness /
Tingling

Sense of
impending doom

Feeling detached
from reality

Fear of "going
crazy" / fear of
dying

KNOW WHAT IS HAPPENING



RESPOND TO WHAT IS HAPPENING

YOU WILL BE OKAY. PANIC SYMPTOMS DO NOT CAUSE PHYSICAL HARM. YOUR BODY IS JUST BEING SUPER DRAMATIC, BUT IS TRYING TO HELP YOU.

BREATHE

- Inhale slowly through your nose for a count of 4
- Breathe in so your belly is expanding, not your chest
- Exhale slowly through your mouth for a count of 4
- Breathe out so your belly deflates

GROUND

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

DISTRACT

- Name items in a category (countries, fruit)
- Recite the steps in an activity (preparing a meal)
- Count backwards from 100 by 7
- Read something backwards, letter-by-letter