

Quick tips on panic attacks



Try a breathing exercise

Breathe deeply into your stomach, then breathe out slowly – make your out-breath longer than your in-breath. Repeat until you feel calm.

Reassure yourself

Tell yourself that all the symptoms you experience are caused by anxiety – it is not dangerous and it will pass. This can help you feel calmer and less fearful of future attacks.

Confide in someone

Try talking to someone you trust about how you feel.

Join a support group

This can be a useful way of meeting people who understand what you are experiencing. You can share feelings and discuss coping strategies together.

Shift your focus

Look at a flower, a picture or something that you find interesting or comforting. Really notice the details, the colours and any smells or sounds.

Listen to music

Listening to relaxing music can help you feel calmer.

Keep a diary

Note what happens each time you get anxious. This can help you spot patterns and see what triggers your panic attacks.

Create your own coping card

When you feel anxious, it can be hard to remember coping strategies that you have learned. It can be useful to write them down on a small card (e.g. phone mum, do my breathing exercise) and keep this in your bag or wallet.

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