

Coping Strategies: Panic Attack

(Taken from nopanic.org.uk)

End a Panic Attack Quickly with these 4 Steps

1. **FOCUS:** Feel your feet flat on the floor. Recognise and name three things you see around you.
2. **BREATH:** Check that you are breathing through your nose, slowly in and out to the count of four.
3. **ACCEPT:** You are doing fine, this is just a bunch of symptoms caused by adrenaline. The adrenaline will soon start to decrease.
4. **RELAX:** Concentrate on dropping your shoulders as you breathe out.

Tips on Preventing a Panic Attack

When you feel the initial fear rising:

1. Drop your shoulders down a notch or two and relax as much as you can. Do the breathing technique (breathing through the Diaphragm)
2. Don't fight the feelings, wait, give them time to pass, don't run away. The quicker you accept that what you are experiencing is just a bunch of symptoms, the quicker they will reduce.
3. Try and accept that your mind is playing tricks on you. No harm is going to come to you.
4. Remember the feelings and symptoms are normal reactions to stress and anxiety.
5. Don't add on frightening thoughts like 'What if.....' or thinking the worst will happen.
6. Remember that Panic attacks can be reduced and even overcome if we deal with them properly.
7. Remember that you will **NOT** faint, collapse, have a heart attack or die from a panic attack.
8. Watch the No Panic correct breathing animation: <https://nopanic.org.uk/correct-breathing/>
9. Understand that you are not in actual danger, you have just misinterpreted the situation
10. Tell yourself how well you are doing. It is a great achievement

You might like to take a look at the No Panic YouTube channel where we have different videos on Panic and panic attacks: [No Panic's YouTube Channel](#)