

# 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 copying 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 and keep this in your bag or wallet.

For more information on our workplace wellbeing support or general mental health enquiries contact us at:

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