

Panic attacks

Techniques to de-escalate panic attacks as quickly as possible

Accept

Notice the first signs of a panic attack and **accept** that it is very common, and this is the outcome of your body having been in high threat mode during the day.

Breath

Your body and mind are responding to the perception of a threat and now you need to send a signal back, to tell your body that there is no threat.

During a panic, your body will want you to breathe quickly and very shallow so to combat this, introduce slower, **very deep breathing**. Aim for one breath every 5 to 8 seconds.

Distract

It is important for the body and mind to be sent a signal that there is not a crisis currently going on. Do this by **distracting** yourself by reading, watching TV, or listening to music.

Wait

Once you have established slower and deeper breathing and started to work to distract yourself. Be **patient** and expect that the panic will eventually subside.

Repeat

Remember these four steps every time you experience a panic attack rising.

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