



IF YOU WOULD LIKE HELP COPING WITH PANIC ATTACKS



help with PANIC ATTACKS

- **TRY TO RELAX.** Regularly practising muscle relaxation skills and controlled breathing exercises is a useful way of coping with the physical symptoms of panic. When you feel anxious try breathing in through your nose, and then breathe out through your mouth slowly counting 1..2..3 each time. Aim to do this for at least 5 minutes.
- **CHALLENGE YOUR THOUGHTS.** Identify scary thoughts that can trigger and fuel the physical feelings of panic. Try to figure out whether you are overestimating or catastrophising by asking yourself, "*what would be so bad about that?*", "*how many times have I had that thought and how many times has it actually happened?*", "*what could I do to cope if it did happen?*"
- **FACE YOUR FEARS.** Although it is natural to avoid the things that make you feel anxious, try to visualise facing your fear and getting through it, then gradually and repeatedly practise doing something that you fear doing. Be prepared to keep at it!
- **GET THE FACTS.** Remember that panic attacks will not cause you to faint, lose control, go 'crazy' or die.