

Seven Steps to Managing Panic Attacks

1. Panic attacks are often experienced as extremely unpleasant, uncomfortable and potentially dangerous. Remember the feelings you are experiencing will pass.
2. Stay calm – focus on your breathing. Breathe deeply in **slowly** through your nose and **slowly** out through your mouth, in a `start' and `stop' staggered motion.
3. Think about how you feel and pay attention to any reduction, even slight, in your feelings of fear or anxiety.
4. Focus your attention on stretching your muscles and tensing them, then relax and let the tension slowly slip away.
5. Accept how you feel in the situation and remind yourself that the feelings will pass. Be patient with yourself and tell yourself to calm down.
6. Try to stay in the situation if you can by focusing on your breathing and calming down as much as you feel you can.
7. Focus your thoughts on the present and how you are working hard to calm down. Try not to think about what could happen, distract yourself by paying attention to reducing your physical discomfort.