

10 Top Tips to Help Yourself Through a Panic Attack

rhcp

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Counselling & Psychotherapy

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Identify your panic triggers then imagine yourself in a similar situation coping well. This will enable you to feel more resilient the next time you experience the situation.

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Reach out and ask for help from someone close by who you feel comfortable with or call a loved one and ask them to talk to you until you feel calmer.

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Take a nice deep breath in, hold, then breath out to regulate your breathing. If you start with an outbreath you will ensure your next breath in is a full breath.

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Distract yourself from anxious thoughts with simple cognitive tasks like counting shapes or objects of a certain colour in your environment.

3

Preparation is key!
Carry water, a snack and a comforter with you.



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Attend to your body temperature - are you too hot or too cold?



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Find a safe space where you can settle until it passes and you feel ready to move on.



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Don't force yourself to do anything you don't feel ready to.

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Learn your early panic symptoms so you can identify them and respond quickly.

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Remind yourself that it will pass, no one ever got stuck in a panic attack forever and yours will pass soon too.

