

# Be a Panic Responder: The Do's and Don'ts of Panic Attacks

rhcp

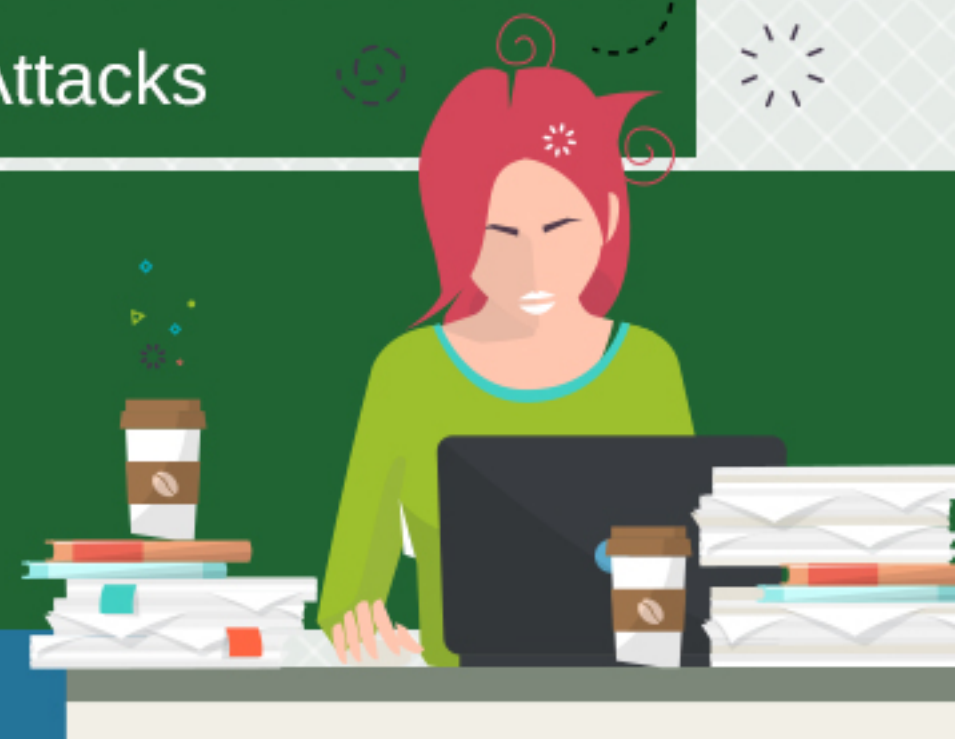
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## What is a Panic Attack?

A panic attack is an intense fear or discomfort that comes on rapidly and can include physical symptoms such as heart palpitations, trembling, shaking, dizziness and chest tightness.

Sufferers have likened it to feeling like a heart attack and it can be extremely painful, distressing and frightening.



## 10 tips to help someone who is experiencing a panic attack

### Find a safe space

Help regulate the persons breathing by taking some deep breaths in and out together

Notice the the persons body temperature - help them cool down if hot, or if they are shivering give them a warm blanket

### Stay with them

Help ground them by reminding them where they are and tell them to look around to to bring them to the present moment

### Keep talking in a calm soothing tone

Remind them that this feeling will pass and is only temporary

Offer reassurance that they are safe and not alone

### Distract them from their anxious thoughts

Activate their thinking mind by asking them questions that require their concentration and logic.

## 5 things to avoid doing

Dismiss the panic

Be judgemental, and expect them to just stop it and calm down instantly

Show frustration

Talk more about their anxious thoughts, this could trigger further anxiety

Don't force them into doing anything they don't want to do