

How to help yourself during a panic attack

1

Recognize the panic attack and say to yourself out loud, "I've been through this before and I will get through this again."

2

Remove or minimize chaos in your environment. (Ex: shut off TV, turn down music, leave a loud crowded room, dim lights.)

3

Find an object to focus on, or if that is too much, close your eyes - then breathe in and out slowly for 5 counts.

4

Picture a safe, calming place in your mind. Imagine every detail—what it looks like, sounds like, and feels like.

5

If you can, take a walk or stretch. Physical movement can help release built-up tension and redirect your focus.

