

Panic attacks Quick tips

Reassure yourself

Tell yourself that all the symptoms you are experiencing are caused by anxiety. It is not dangerous and it will pass. This can help you to feel calmer and less fearful of future feelings of anxiety.

Practise relaxation exercises to keep calm

Learn 7/11 breathing. Place your hand on your stomach and breathe in, filling your stomach with air for seven seconds. Hold it. Breathe out for 11 seconds. As long as the out-breath is longer than the in-breath, you can use any numbers you like.

Ground your mind

The 5-4-3-2-1 technique can help ground your mind when you're experiencing a panic attack. With this exercise you name five things you can see, four things you can hear, three things you can feel, two things you can smell and one thing you can taste.

Distract yourself

Listening to music or colouring can help to distract your mind from the panic attack and make you feel calmer.

Keep a diary

Note what happens each time you get anxious. This can help you to spot patterns and what might be triggering the panic attacks.

Confide in someone

Confiding in someone you trust about how you feel can alleviate feelings of anxiety.

Is the panic attack caused by trauma?

If you have trauma or phobias causing panic attacks, you may need intervention from a skilled therapist.



Find out how well you're meeting your needs through our quick Emotional Needs & Resources survey.

suffolkmind.org.uk/survey



Panic attacks Quick tips

Are your needs being met?

We can feel anxiety to the point of a panic attack if one or more of our emotional needs are not being met.

This could be our need for security or control being compromised, such as losing a job or a close connection.

To find out more about our Emotional Needs & Resources approach, you can sign up to become a Friend of Suffolk Mind for free, and receive a complementary space on our award-winning course, The Mental Health Toolkit: The Essentials training.

Scan the QR code or visit suffolkmind.org.uk/friend to sign up.

