

Feeling a panic attack coming on? Here's what to do ASAP:

### **Acknowledge:**

Recognize and accept that you're experiencing a panic or anxiety attack as a crucial first step in dealing with it effectively.

### **Breathe Deeply:**

1. Inhale slowly through your nose for 4 seconds
2. Hold your breath for 2 seconds
3. Exhale slowly through your mouth for 6 seconds
4. Repeat until you feel calmer

### **Ground Yourself:**

1. Look around and name 5 things you can see
2. Touch 4 different textures around you
3. Listen for and identify 3 distinct sounds
4. Take note of 2 scents in the air
5. Focus on 1 thing you can taste

### **Move Your Body:**

1. Go for a short walk or do some light stretching
2. Release tension by gently rolling your shoulders or massaging your temples

### **Distract Yourself:**

1. Engage in a simple task like organizing your desk or folding laundry
2. Listen to calming music or a guided meditation
3. Call or text a friend or family member you trust for support

### **Seek Professional Help:**

1. Contact a mental health hotline or crisis support line for immediate assistance
2. Organize an appointment with a therapist or counselor to discuss long-term management strategies
3. Consider medication options with a psychiatrist if recommended

### **When Should I go to the Emergency Room or Call an Ambulance?**

If you're having a severe panic attack and you're unsure about calling an ambulance, keep these in mind:

- **Unfamiliar Symptoms:** If your symptoms seem serious and you haven't seen a specialist, get emergency help
- **First Panic Attacks:** If it's your first panic attack, go to the ER for a checkup

- **Prolonged Duration:** If your panic attack lasts longer than 30 minutes, seek emergency care

### **Change Your Lifestyle:**

1. Try doing things that help you relax, like going for a walk, doing a hobby you enjoy, or hanging out with people you love
2. Eat balanced meals, exercise regularly, and make sure to get enough sleep. Cut back on stuff like coffee, alcohol, and smoking 'cause they can make anxiety worse
3. Practice simple tricks to calm yourself down, like taking deep breaths, meditating, or doing yoga
4. Figure out what makes you anxious and try to avoid those things (and people) as much as you can. It can help keep your anxiety from acting up (certain environments, situations, or people)

*The content provided on this page is **for informational purposes only** and is **not intended to be medical advice**. If you are experiencing symptoms of an anxiety disorder, **please consult a psychiatrist, therapist, or healthcare professional**. Find a mental health professional to help you choose the best anxiety and panic treatment strategy. This page is not a substitute for professional medical diagnosis or treatment.*

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