

HOW TO STOP PANIC ATTACKS



USE DEEP BREATHING

Focus on taking deep breaths in through your nose and out through your mouth. Feel the air slowly fill your chest and belly and then slowly leave again.



REPEAT A POSITIVE PHRASE

To stop panic attack symptoms, try focusing on repeating a phrase that you feel connected to with a positive message to ground you in reality.



RELAX YOUR MUSCLES

To overcome panic attack symptoms, try relaxing your muscles in increments. Focus on uncurling your fingers, then toes, forearms, shoulders and torso.



FIND A FOCUS OBJECT

If you want to overcome panic attacks symptoms, pick a familiar object to focus on such as looking at your shoes or feeling the fabric of your shirt.



RECOGNIZE YOUR PANIC ATTACKS

One of the first and best steps you can take to regain control of your emotions is to recognize signs that you are having a panic attack.



CLOSE YOUR EYES

Some panic attacks come from triggers that overwhelm you. Closing your eyes can block out stimuli and make it easier to focus on your breathing.



PRACTICE MINDFULNESS

Mindfulness can help ground you in the reality of what is around you. These specific sensations will give you something objective to focus on.

