

How to Cope with Panic Attacks

Recognize that you are having a panic attack

- By recognizing that you are having a panic attack, you can take the fear of impending doom and dying away, alleviating your symptoms.
- Remind yourself that this is temporary, and it will pass.

Deep breathing

- Controlling your breathing can help reduce hyperventilating, which in turn will help reduce other symptoms.

Challenge negative thoughts

- If negative thoughts arise during an attack, challenge them in a rational way to help reduce symptoms.
- For example, if you think you are going to die, remind yourself that panic attacks do not kill people or that you have felt this before and made it through it.

Find a focus object

- Find a single object or spot to focus all your attention upon during an attack. Note different aspects about the object or spot. Describes its qualities to yourself, focusing all your energy upon it.

Muscle relaxation techniques

- Relax one muscle at a time, starting small with your fingers or toes, and work your way through your body.
- Practice muscle relaxation techniques beforehand in order to prepare it as a tool in your coping toolbox.

Practice mindfulness

- Mindfulness can help ground you when panic attacks cause you to feel detached from reality.
- Focus on the physical sensations around you, such as the texture of your clothes, your feet on the floor, or your arms around your body.

Recite an internal mantra

- Repeating a mantra gives you something to focus on and put all your energy into.
- Repeat it as a loop in your head

Close your eyes

- Reduce triggering stimuli around you by closing your eyes and focusing on your breathing.