

Quick tips on panic attacks

Panic attacks can feel overwhelming and frightening, especially if you're not sure what's happening in the moment. You're not alone. Many people experience panic attacks at some point in their lives. This leaflet offers practical tips and simple strategies to help you understand what's happening and find ways to manage symptoms when they arise.

Try a breathing exercise

Breathe deeply into your stomach, then breathe out slowly - make your out-breath longer than your in-breath. Repeat until you feel calm.

Reassure yourself

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

Join a support group

This can be a useful way of meeting people who understand what you are experiencing. You can share feelings and discuss coping strategies together.

Confide in someone

Share how you feel with someone you trust— someone who listens without judgment, doesn't interrogate, and responds with empathy.

Listen to music

Listening to music can help you feel calmer. Choose songs that are gentle, cheerful, and remind you of happy times. Play them softly to create a soothing atmosphere.

Keep a diary

Note what happens each time you get anxious. This can help you spot patterns and see what triggers your panic attacks.

Create your own coping card

When you feel anxious, it can be hard to remember the coping strategies you've learned. It can help to write them on a small card (e.g. "phone mum") and keep it in your bag or wallet.

Focus on your senses

Look at a flower, a picture or something that you find interesting or comforting. Really notice the details, the colours and any smells or sounds.



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