

**Do you feel like you might be having a panic attack or anxiety attack?**

## **BREATHE**

Here are some strategies to use to try and stop a panic attack or anxiety attack when you're having one or when you feel one coming on:

**Take a deep breath** - deep breathing can reduce symptoms of panic. Focus on taking deep breaths in and out through your mouth, feeling the air slowly fill your chest and then slowly leave your body. Breathe in for a count of 4, hold for a second, and then breathe out for a count of 4.

Close your eyes to block out any extra distractions so you can focus on your breathing.

**Get grounded:** when you open your eyes look around - identify 5 things you can see (describe the patterns, colors, shapes and/or size of the objects you see); 4 things you can touch (the texture of your clothes) , 3 things you can hear, 2 things you can smell and 1 thing you might be able to taste.

**Think about 2 things you are grateful for.**

**Picture yourself in your "happy place".**

**Repeat a mantra internally - "This too shall pass". Remember that the feeling of anxiety or panic is temporary.**