

How to Survive a Panic Attack

Panic attacks can feel incredibly scary and uncomfortable!
Follow these five steps to help ride out your panic and help the attack to end sooner.



STEP **01**

Recognize the anxiety for what it is

Remember that what you are experiencing is not dangerous or an emergency. The symptoms of panic are simply your body's fight or flight response kicked into high gear.



STEP **02**

Relax your body

Sit or lay down in a comfy spot and relax all of your muscles from your head to your toes. Try not to fidget or pace. Then, take a couple of slow deep breaths into your belly.



STEP **03**

Bring yourself back to the moment

Focus on the here and now. Bring your awareness to your breathing, to relaxing each muscle, or to your 5 senses. You can also ground yourself by reviewing simple facts, such as your name, the date, your location, etc.



STEP **04**

Focus on a helpful task

If you are in a safe situation, continue doing what you were already doing when the panic attack started and try to stay in the situation. You can also focus on coping statements (for example, "This is just a false alarm.") or fill out a panic log to track how you're feeling.



STEP **05**

Repeat steps as necessary... and remember it will end!

Panic attacks are typically brief - around 10 minutes (although they may not feel that way!). Keep going through these steps until your body has calmed down.