

# Panic Attack INTERVENTIONS

## What To Do When Having A PANIC ATTACK



### Grounding Techniques

- **5-4-3-2-1 Method:** Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste to bring your focus to the present moment.
- **Focus on Physical Sensations:** Touch a textured object or press your feet into the ground to help anchor yourself.

### Box Breathing

- Focus on slow, deep breaths—inhale for four counts, hold for four, exhale for four, hold for four. This helps reduce hyperventilation and calm the body.



### Positive Affirmations

- Remind yourself that the panic attack will pass and that you're safe. Use phrases like, "This will pass" or "I am in control."



### Muscle Relaxation

- Tense and then slowly release different muscle groups to reduce physical tension.

### Use of Ice or Cold Water

- Splash cold water on your face or hold an ice cube; the shock of cold can help reset your nervous system.

### Visualization

- Picture a calm and safe place in your mind, focusing on the details to distract from the panic.