

## Coping With Panic Attacks

### Know the Physical Symptoms of a Panic Attack

- Palpitations/racing heart
- Trembling or shaking
- Weak knees
- Dizziness, unsteadiness, faintness
- Chest pain or discomfort
- Numbness or tingling sensation (pins and needles)
- Nausea, upset stomach, abdominal distress
- Muscle pains
- Breathlessness
- Feeling of unreality
- Weak bladder
- Visual disturbances
- Tension
- Dry mouth and throat
- Sweating
- Shortness of breath or smothering sensation
- Choking
- Disorientation
- Hot flashes, cold chills
- Fear of disease or of dying
- Fear of going crazy or losing control

### Getting Yourself through an Attack

- Breathe slowly and deeply.
- Don't worry what other people are thinking. In general, people can't tell by looking at you that you are having a panic attack.
- Tell yourself nothing serious will happen to you.
- Let the attack peak and pass. Do not fight the attack.
- Take any prescribe PRNs.
- Relax
- Think positively. Positive self talk.
- Listen to music.
- Focus on external things, i.e. the different colors in the room or the cars passing by.
- Talking with someone.
- Getting fresh air.
- Eating or drinking something.
- Changing scenery.
- Moving around.
- Watch light TV/Movie
- Cuddle a teddy, blanket, or pillow
- Avoid crowds
- Drawing, painting, crafting, etc.
- Use a cold washcloth.
- Look at comforting pictures.
- Reach out for support: post on Pandy's, call a hotline, call your T, etc.
- Journal
- Quiet your inner critic.
- Put on a comforting scent (body lotion or perfume).
- Have a cool or hot drink.
- Spend time with pets.

### Things to do on a Regular Basis

- Exercise to help burn off excessive adrenaline.
- Avoid cigarettes and alcohol.
- Eat regular meals and avoid processed foods and drinks, to keep blood sugar levels stable.
- Don't bottle up your emotions. Find someone to confide in.
- Learn and practice relaxation techniques.
- Reduce your exposure to unnecessary stress.
- Join a self-help group.
- Carry a cell phone for when you need to call people
- Don't focus on the people around you when out, just look in front of you.
- Read self-help book.
- Meditate regularly