WHAT TO DO ………

- Take a few moments out from whatever you are doing
- Focus on your breathing
- Take one deep breath In and Out
- Continue to focus on your breathing and say
  
  “Breathing In…2..3, Breathing Out…2..3” in time with your breathing
  
- You can also imagine “CALM” at the same time or a peaceful image
- If you notice negative thoughts, refocus on your breathing until you feel calmer then you can challenge your negative thoughts with more helpful thoughts
- When you feeling calmer, see if you can remember what happened just before the panic attack, what you thought, saw or heard. This might help you find what is creating the fear which causes the panic.