



Panic Attack Coping Tools – Quick Reminder

When panic shows up, try one tool at a time. You don't need to use all of them at once.

Happy Place

- Close your eyes and picture a place where you feel safe, calm, or joyful.
- Imagine what you see, hear, smell, and feel there.

Box Breathing

- Inhale through your nose for 4 seconds.
- Hold for 4 seconds.
- Exhale slowly for 4 seconds.
- Hold again for 4 seconds.
- Repeat until you feel calmer.

Progressive Muscle Relaxation

- Start at your feet and work up your body.
- Tense a muscle group for 5 seconds, then release.
- Notice the difference between tension and relaxation.

5-4-3-2-1 Grounding

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Cool Down the Body

- Hold a cold-water bottle or press a cool compress on your neck.
- This helps calm your nervous system.

Wake Up the Senses

- Chew minty gum or suck on something sour.
- Strong flavors can reset your body's focus.

Object Focus



THE PSYCHOLOGY SHUFFLE

- Hold a small object (coin, stone, key).
- Notice its texture, corners, shape, temperature.
- Count the sides or edges slowly.

Bilateral Tapping

- Place your hands on your knees.
- Tap your left hand, then right hand, back and forth in rhythm.
- Keep alternating while breathing slowly.
- This helps your brain and body feel grounded.

Reminder: Panic attacks are uncomfortable but not dangerous. They always pass. Use these tools to ride the wave until it eases.