Within
Sousan Razzouk
Psychological and Behavioral Therapy L.L.C.

وِذِنْ
سوسن رزوق
لعلاج الاضطرابات
النفسية و السلوكية ش.ذ.م.م

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.

START BY OPENING YOUR MOUTH, LOOSENING YOUR JAW. Breathe through your mouth. When jaw is clenched = fight/flight mode!

Happy/Safe 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.

www.WithinTherapy.co
Office 1904, Grosvenor Business Bay Tower, Marasi Drive, Business Bay, Dubai, UAE
Telephone: +971 4 570 9114
Email: info@withintherapy.co

Within
Sousan Razzouk
Psychological and Behavioral Therapy L.L.C.

وِذِنْ
سوسن رزوق
لعلاج الاضطرابات
النفسية و السلوكية ش.ذ.م.م

Panic Attack Coping Tools – Quick Reminder

Wake Up the Senses

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

Object Focus

- 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.

www.WithinTherapy.co
Office 1904, Grosvenor Business Bay Tower, Marasi Drive, Business Bay, Dubai, UAE
Telephone: +971 4 570 9114
Email: info@withintherapy.co