



5 Steps to Stop a Panic Attack

1. Ground Yourself



Use the 5-4-3-2-1 technique to engage your senses.

2. Slow Your Breathing



Take slow, steady breaths and focus on the rhythm of your breath.

3. Relax Your Muscles



Release tension with progressive muscle relaxation.

4. Challenge Your Thoughts



Identify and reframe irrational thoughts.

5. Visualize Calm



Imagine a peaceful place to soothe your mind.



Remember: This will pass. You are safe.