

PICTURE YOUR SAFE & HAPPY PLACE

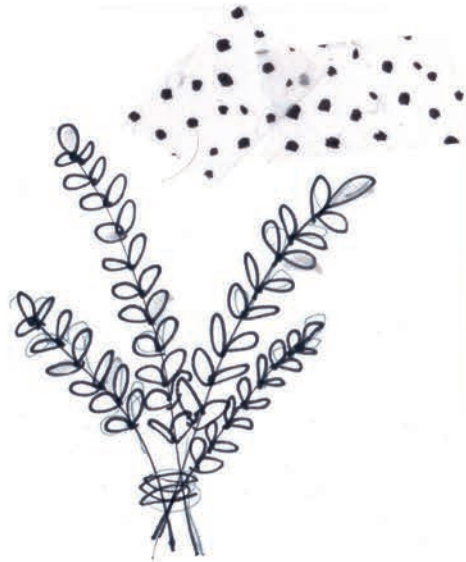
Think about the most relaxing and safe place in the world. Is it indoors or outdoors? What does the place look and smell like? What do you hear? It should be a quiet and calm place. For more info about this method google "safe place method"

LAVENDER

Lavender has soothing and calming effects on your body and mind. Keep some lavender oil in your purse and use some on your forearms. Breathe in the scent. Lavender tea is a perfect way to relax. Feel the hot tea warming your body and mind. You can also buy (or make) some lavender bath salt.

DEEP BREATHING

While rapid breathing and hyperventilating are symptoms of a panic attack, deep breathing can make symptoms of the panic attack better. Focus on taking deep breaths in & out of your mouth, feeling the air slowly fill your chest and belly and slowly leaving the body.



HOW TO COPE WITH PANIC ATTACKS

TALK TO YOUR DOCTOR AND THERAPIST ABOUT IT

They are professionals and know how to help you best. If you don't have a therapist, talk with your doctor and ask if they can help you find one if you are in need of therapy (which might be the case if you suffer from panic attacks).

RECOGNISE THAT YOU'RE HAVING A PANIC ATTACK

Rationally thinking about your situation reminds you that this is temporary and might take away the fear that you are dying.