

# Panic attack

- > Challenge negative thoughts or behaviours.
- > If you need to feel calmer, find a quiet place to sit down.
- > Slow deep breathing - breathe in through the nose and out through the mouth.
- > Count backwards from 100 or clench your fists 100 times.
- > Remember, the feelings will pass and are not life-threatening
- > Contact your local GP for support.



**Government of South Australia**

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# Prevention strategies

- > Identify early warning signals (familiar physical symptoms or thoughts) to help you cope when these occur.
- > Learn and practise body relaxation and breathing techniques so you can use them during an attack.
- > Practise positive self statements eg 'I can calm myself – it will pass'.
- > In potential trigger situations have someone you trust with you. If you're alone identify a withdrawal route.