



Quick Tips for dealing with panic attacks

1. **Freeze Yourself Focused:** Hold an ice cube in your hand (wrapped in a paper towel if needed) for as long as you can, then place it in your other hand and/or on your forehead. This helps to focus your attention on something other than your discomfort, which in turn de-escalates your symptoms.
2. **Hands over Head:** If you're having trouble breathing, try raising your hands over your head to make it easier to get air into your lungs.
3. **Press on these acupuncture points:**
 - a. Directly between the eyes, at the very top of the bridge of the nose.
 - b. Below the inside of the wrist approximately three finger widths.
 - c. In the webbing between the thumb and index finger
4. **Use Responsive vs Reactive Self-Talk:** Panic is often accompanied by intense, racing and/or catastrophic thoughts that exacerbate the symptoms. Remind yourself that these thoughts are *not* based in fact but are merely symptoms of the panic. It can also help to remember that panic does not pose a danger to your health—whatever the symptoms, they will pass and leave you unharmed. The following self-messages can be hugely helpful
 - a. I am here, in my body.
 - b. I am breathing.
 - c. I am okay.
 - d. I am in no danger.
5. **Get Connected:** Rubbing your hands along a textured surface of some kind (keys, material) or taking hold of something solid like a table or chair helps to counter feelings of disorientation. You can also massage your hands, rub them together and/or rub your feet on a hard or textured surface.

6. **Get Out of Your Head (and into your body):** Taking a walk, a shower, doing yoga, getting a massage if possible, reading, listening to an audio book, anything that will get you “out of your head” will help ground you and give you a sense of physical presence.

7. **Get Physical:** Regular exercise can help lessen the likelihood of having a panic attack. As per numerous studies, patients who exercised regularly reported a 20% reduction in anxiety symptoms compared to those who did not.