

MY PANIC PLAN



Use this worksheet to help make a plan for if/when you have a panic attack. It may also be helpful to share this plan with people around you so they can support you too.

WHAT ARE PANIC ATTACKS?

A panic attack is when your body's alarm system switches on really fast, making you feel scared or overwhelmed even if you're not in real danger. It can feel intense and frightening, but it will pass and settle, and it's something many people experience.

TRIGGER/S

SIGNS I'M ABOUT TO HAVE A PANIC ATTACK

WHAT IS HELPFUL DURING A PANIC ATTACK?

WHAT IS NOT HELPFUL DURING A PANIC ATTACK?

IDEAS TO TRY TO STOP A PANIC ATTACK

- ☐ Breathing slow - in for 4 and out for 6.
- ☐ Put your feet flat on the floor
- ☐ Name 5 things you can see
- ☐ Splash cold water on your face
- ☐ Drink water slowly
- ☐ Hold something cold eg. a cold spoon or cold drink
- ☐ Describe your surroundings in detail
- ☐ Put your hand on your chest/tummy and feel it rise and fall
- ☐ Tense and release muscles- one part of your body at a time
- ☐ Draw or doodle
- ☐ Use a fidget toy
- ☐ Touch something soft & comforting eg. blanket, teddy, hoodie
- ☐ Visualise a safe space
- ☐ Hold and squeeze an object
- ☐ Slowly stretch your arms and legs
- ☐ Repeat to yourself "I am safe and this will pass"
- ☐ Breathe in and name a colour, breathe out and name an object
- ☐ Slowly have something to eat

Tick the box next to the ideas you can try. Its worth practicing some of these ideas when you are feeling calm and safe so you know what to do if you're panicking.

REASSURING THINGS TO TELL MYSELF DURING A PANIC ATTACK

'This feeling won't last forever'
'I can focus on one breath at a time'
'My body is having a strong reaction, but I'm okay'
'Thoughts and emotions aren't facts'

PEOPLE I CAN REACH OUT TO

MY SELF-CARE PLAN AFTER A PANIC ATTACK