

WE'RE HERE FOR YOU IF YOU NEED TO TALK.

GO TO WWW.DITCHTHELABEL.ORG/SUPPORT

Breathe

Think Of Things That Make You Feel Happy And Peaceful

Don't Judge Your Thoughts - Let Them Pass

Recognise What Might Have Triggered Your Panic Attack
And What Is Causing You This Distress

Talk It Over With Someone
When The Panic Attack Is Over

Sit Down

Rest

Look Around You And Do The 5 Senses Check –
What Can You Hear, Taste, See, Smell And Touch?

Drink Some Water

Take Yourself Out Of Your Head and
Try And Bring Yourself Into Reality

10 QUICK AND EASY THINGS TO REMEMBER IN A PANIC ATTACK