



TRAINING NETWORK

MANAGING PANIC ATTACKS

TEEN RESOURCE



Panic attacks can feel terrifying, but they aren't dangerous.
You can learn to manage them and feel in control again.
You are stronger than you think.

★ WHAT IS A PANIC ATTACK?

A panic attack is a sudden wave of intense fear or discomfort that triggers strong physical reactions when there is no real danger.

It can cause:

- ♥ Racing heart
- ♥ Shortness of breath
- ♥ Dizziness or light-headedness
- ♥ Sweating or shaking
- ♥ Feeling like you're losing control



Remember: It's scary, but it will pass.
You are not alone.

! COMMON TRIGGERS

Triggers are different for everyone.
Common ones include:

- ♥ Stress or feeling overwhelmed
- ♥ Too much caffeine or little sleep
- ♥ Big life changes
- ♥ Exams or pressure
- ♥ Crowded places or social situations
- ♥ Thinking about the "what ifs"
- ♥ Past traumatic experiences

Knowing your triggers can help you prepare and manage them.

👍 GOOD TO KNOW

- ♥ Panic attacks usually peak in 10 minutes and then fade.
- ♥ They cannot hurt you.
- ♥ You are not going crazy.
- ♥ You can learn to manage them.
- ♥ Each time you face one, it gets easier.

Remember: This is a moment, not a life sentence.



5 STEPS TO MANAGE A PANIC ATTACK

1 RECOGNISE

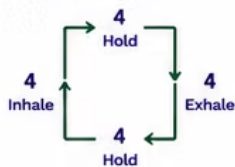
Notice the signs early.
Remind yourself:

This is a panic attack. It will pass.



2 BREATHE

Slow, deep breathing helps calm your body.
Try box breathing:



Repeat for a few minutes.

3 GROUND

Focus on what's around you.
Use the 5-4-3-2-1 method:

- 👁️ 5 things you can see
- 👋 4 things you can touch
- 👂 3 things you can hear
- 👃 2 things you can smell
- 👄 1 thing you can taste

4 THINK

Challenge unhelpful thoughts.
Try saying:

I am safe.

This feeling will pass.

I can handle this.



5 TAKE CARE

Do something that calms and soothes you.

This could be:

- ♥ Listening to music
- ♥ Going for a walk
- ♥ Talking to someone
- ♥ Journaling
- ♥ Taking a warm shower



📅 CREATE A PANIC PLAN

Plan ahead so you feel more prepared.
Write down:

- ✓ My warning signs
- ✓ My triggers
- ✓ What helps me calm down
- ✓ People I can talk to
- ✓ Places I feel safe



Having a plan can help you feel in control.

🗣️ TALK ABOUT IT

You don't have to go through this alone.
Talking to someone you trust can help.

It could be:



A friend



A family member



A teacher or school counsellor



A mental health professional

Reaching out is a sign of strength, not weakness.

★ AFTER A PANIC ATTACK

After an attack, be kind to yourself.
What helps you recover?

- ✓ Rest and recharge
- ✓ Reflect on what triggered it
- ✓ Use your coping skills again
- ✓ Celebrate getting through it!



Every time you face it, you get stronger.

📅 DAILY HABITS TO REDUCE PANIC ATTACKS

Small daily habits can make a BIG difference.



Get enough sleep



Eat regularly



Exercise regularly



Stay hydrated



Limit caffeine and energy drinks



Practice mindfulness



Spend time with friends



Do things you enjoy

Take care of your body, and your mind will thank you.

! WHEN TO GET HELP

Panic attacks are common, but if they:

- ♥ Happen often
 - ♥ Interfere with daily life
 - ♥ Cause you to avoid places or situations
 - ♥ Feel too overwhelming to handle
- ...it's important to get extra support.

There is help, and things can get better.



🌸 QUICK CALM DOWN CARD

Save this list for when you need it most.

- 🌸 Stop. Take a breath.
- 🌸 Breathe slowly – in for 4, out for 6.
- 🌸 Focus on your senses.
- 🌸 Use positive self-talk.
- 🌸 Do something that helps.
- 🌸 Remember: This will pass.



You are braver than you believe, stronger than you seem,
and more in control than you think.
One breath at a time. You've got this.



LEARN • GROW • THRIVE

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