

Panic Attacks

What do they feel like?

- Intense fear or worry
- Pins and needles
- Feeling faint
- Involuntary muscle movements
- Increased heart rate
- Shortness of breath
- Hyperventilation

- Find a safe space.
- Get some fresh air.
- Practice deep, steady breathing.
- Tell yourself "I am okay".
- Validate your feelings - panic attacks are a normal symptom of anxiety.
- Tell a friend or teacher you trust.
- Note down your feelings before the panic attack to help track future triggers.

What if I'm having a panic attack?

- Give them space – try not to hug them as this may make them feel overwhelmed.
- Ask someone to get Student Welfare.
- Ask if they would like to move away from the situation.
- Ask them to follow your slow and deep breathing pattern.
- Remind them that you are here for support.

What if my friend is having a panic attack?

5-3-5 Breathing Technique

- Breathe in through the nose for 5.
- Hold for 3.
- Breathe out through the mouth for 5.

Remember...It WILL pass!

Give yourself time to calm down and relax afterwards.

Be KIND to yourself.