

Tips for managing panic attacks

·Unfortunately, there isn't one magic technique that will help everyone who experiences panic attacks, but there are lots of techniques that help lots of people. Experiment with these, or combinations of them, until you find the right approach for you.

- Use relaxation and slow breathing techniques. It's best to learn these when you feel calm, then you will feel confident using them if you feel a panic attack coming on.
- Distraction techniques often work well to reduce or stop panic attacks, especially those that use language, number or memory skills. (You can do this inside your head if you are in too public a place to do it aloud!) Recite poetry or tongue twisters, sing nursery rhymes, count bricks in a wall, or backwards from a thousand in fours.
- Remind yourself that although panic attacks are unpleasant, you are medically safe when they happen. Keep challenging any negative thinking - remind yourself you are not dying or going mad, the thoughts in your head are from your panic, and not from you.
 - If you are sitting down, stand up, if you are standing up move around.
- Exercise such as jogging on the spot or star jumps can help as it naturally uses up the physical energy that panic hormones create. This is counter-intuitive (why would you do something to increase your heart rate when it's already racing?) but it dispels the stress hormones naturally, by physical action.
- Accept that panic levels tend to rise quickly, but drop more slowly. Score your panic levels out of ten from time to time, with ten being the strongest it's ever been and zero being no panic at all. It helps you stay aware of when it starts to come down.

If you would like to know more about using hypnotherapy to control panic attacks, please contact me:

www.debbiewaller.com

debbie@debbiewaller.com

01977 678593

