

Safety Tip

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Tips to deal with panic attacks



A panic attack is a feeling of sudden and intense anxiety. Panic attacks can also have physical symptoms, including shaking, feeling disorientated, nausea, rapid, irregular heartbeats, dry mouth, breathlessness, sweating and dizziness.

Breathing exercise for panic attacks

- Breathe in as slowly, deeply and gently as you can, through your nose.
- Breathe out slowly, deeply and gently through your mouth.
- Some people find it helpful to count steadily from one to five on each in-breath and each out-breath.
- Close your eyes and focus on your breathing.

Ways to prevent panic attacks

You need to try to work out what particular stress you might be under that could make your symptoms worse.

- Doing breathing exercises every day will help to prevent panic attacks and relieve them when they are happening.
- Regular exercise, especially aerobic exercise, will help you to manage stress levels, release tension, improve your mood and boost confidence.
- Eat regular meals to stabilise your blood sugar levels.
- Avoid caffeine, alcohol and smoking – these can make panic attacks worse.
- Join panic support groups which can give useful advice about how you can effectively manage your attacks. Knowing that other people are experiencing the same, feelings can be reassuring.
- Cognitive behavioural therapy (CBT) can identify and change the negative thought patterns that are feeding your panic attacks.

Source: Open

Safety Tips

An initiative to share a safety and security tip to encourage caution amongst society...it's **worth following and sharing with near and dear ones!** We encourage everyone to be a part of this initiative through their inputs and thoughts.