

IVANHOE
SCHOOL

PANIC ATTACKS
YOU CAN BEAT THEM!



WHAT IS A PANIC ATTACK?

Panic attacks are a feeling of sudden and intense anxiety: an extreme form of stress.

It may be clearly a response to an event but often it can come 'out of the blue' with no obvious cause.



YOU MAY NEVER HAVE ONE... BUT SOME PEOPLE HAVE FREQUENT ATTACKS OVER A PERIOD OF TIME!

PANIC ATTACKS INCLUDE:

- Strong emotions
- Powerful thoughts
- Overwhelming physical symptoms



SPOTTING THE EARLY SIGNS

You may not experience all these signs and symptoms but if you have three or four, you may be on the edge of a panic attack.

If you notice them quickly enough you may be able to stop the attack before it gets worse.

SIGNS & SYMPTOMS

- Tightening of the chest muscles
- A feeling of weight on the shoulders
- Shortness of breath
- Dizziness
- Numbness
- Getting hot
- Sweating
- Shaking
- Struggling to think clearly/thoughts 'racing'
- Feeling of 'doom' or fear
- Feeling like you're not really 'here'



SHORTNESS OF BREATH

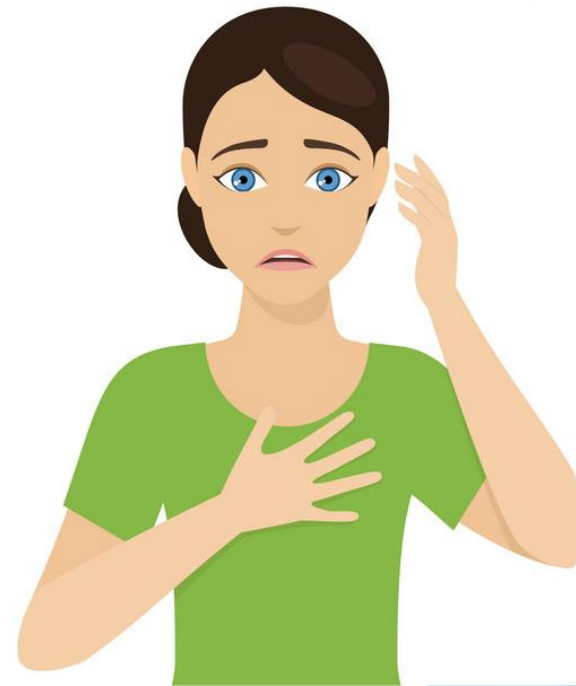


RAPID HEARTBEAT



SWEATING

PANIC ATTACK



TREMBLING



DIZZINESS



HYPERTENSION



DEALING WITH AN ATTACK



IN YOUR HEAD...

- Acknowledge ‘this is a panic attack’
- Remind yourself you will be ok
- Remember you won’t stop breathing, you won’t die
- Focus on your surroundings, keep ‘in the present’
- Don’t be afraid of a panic attack

PHYSICAL STRATEGIES

- Try controlled breathing (practice pays off)
 - 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 1 to 5 on each in-breath and each out-breath
 - Close your eyes and focus on your breathing
- Try to resist the urge to run away (where to...?)
- Carry on with what you’re doing if possible; keep your attention on external events
- Focus on relaxing your tensed-up muscles
- If you feel dizzy, sit down and tip your head between your knees

