

Panic Attack Coping Plan

A Gentle Guide to Help Me Through Overwhelming Moments



Reassurance

This feeling will pass. I am safe. I can get through this.

Take a moment to breathe. You are not in danger, you are just experiencing a strong feeling.

My Warning Signs

How do I know a panic attack is starting?

- Rapid heartbeat
- Shortness of breath
- Dizziness or lightheadedness
- Racing thoughts
- Sweating or shaking
- Other: _____

What I Can Do Right Now

Simple actions to take immediately.

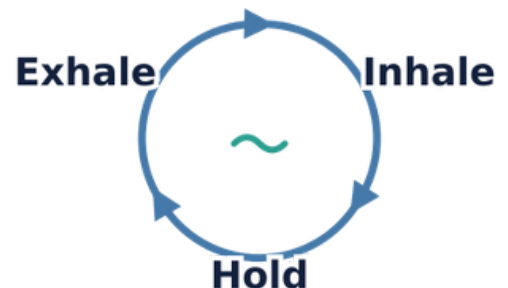
- Slow my breathing
- Sit or lie down
- Remind myself I am safe
- Splash cold water on face / hold ice
- Focus on my surroundings
- Ask for help

Breathing & Grounding Tools

Breathing Tool

Follow the rhythm to slow your heart rate.

1. Inhale deeply through your nose.
 2. Hold for a moment.
 3. Exhale slowly through your mouth.
- I have taken 5 deep breaths.



Grounding Exercise

Focus on the present moment. Look around you and list:

3 Things I can See	3 Things I can Feel	3 Things I can Hear

Helpful Thoughts & Safe Supports

What can I tell myself in this moment?

Examples: "This will pass," "I am not in danger," "Just breathe."

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I repeated a calming thought to myself.

My Safe Supports

People I can reach out to (call, text, or just sit with).

Name	Phone Number / Contact Method

Comfort & Aftercare

Comfort Actions Checklist

What helps me feel safe and cozy?

- Wrap in a warm blanket
- Listen to calming music
- Sit in a quiet space
- Hold something comforting
- Go outside for fresh air
- Drink water or tea

Aftercare Reflection

Check in with yourself after the feeling has passed.

1. What helped me the most?

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2. What do I need right now?

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Affirmation: I got through this. I am strong. I am okay.