



Helpline: 0844 967 4848 ♦ Youth: 0330 606 1174  
[www.nopanic.org.uk](http://www.nopanic.org.uk) ♦ [admin@nopanic.org.uk](mailto:admin@nopanic.org.uk)

## End a panic attack in 3 minutes with these 4 easy steps

### 1. FOCUS

Feel your feet flat on the floor.

Recognise and name 3 things you see around you.

### 2. BREATHE

Check you are breathing through your nose, slowly in and out to the count of 4.

Place one hand on your tummy to check you are breathing from your diaphragm.

Repeat

### 3. ACCEPT

You are doing fine, this is just a bunch of feelings caused by Adrenaline.

The adrenaline will soon start to decrease.

### 4. RELAX

Concentrate on dropping your shoulders. As you breathe out, let them drop a notch, then repeat 5 times.

Regular relaxation can help reduce the occurrence of panic attacks along with cognitive behavioural therapy.

If needs be our crisis message is free and available 24/7: <https://www.nopanic.org.uk/panic-attack/>

You can listen to this 24 hours a day on the telephone by calling 01952 680835 as a recorded message.