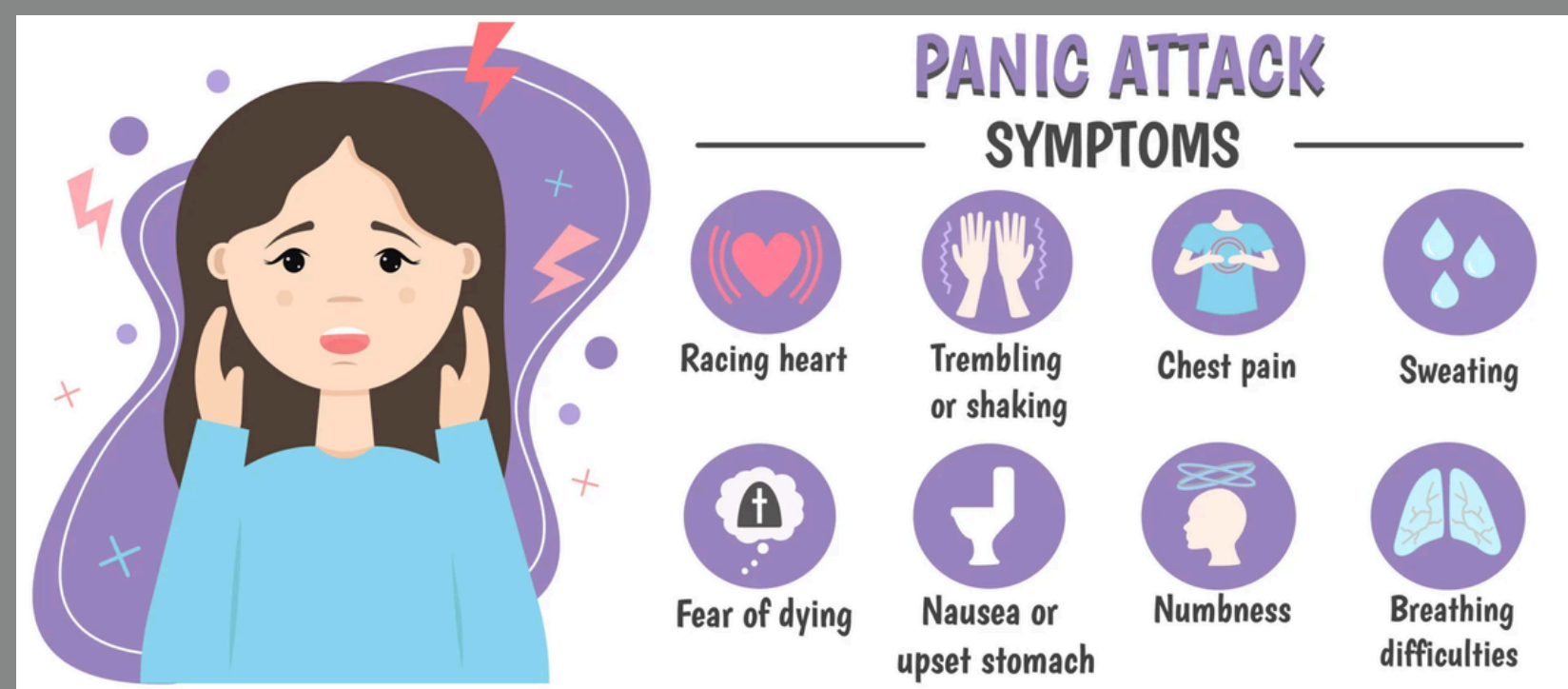




They're never pleasant, but you can control them.

Dealing with a Panic Attack

A panic attack is a brief episode of intense anxiety, which causes the physical sensations of fear. These can include a racing heartbeat, shortness of breath, dizziness, trembling and muscle tension. Panic attacks occur frequently and unexpectedly and are often not related to any external threat. With practice, you can ease symptoms and reduce the length of the attack.



With practice, you can ease symptoms and reduce the length of the attack.

01

Use deep breathing - slow, relaxed diaphragmatic breathing triggers a natural tranquilising effect.

02

Distract the mind - listening to music, counting or journalling your physiological feelings

03

Progressive muscles relaxation - tensing and then slowly releasing each muscle group in the body, helping to reduce physical tension.

04

Maintain a healthy lifestyle - Practice regular exercise, balanced diet and adequate sleep

05

Avoid Stimulants - Reduce or avoid substances like caffeine, nicotine, and recreational drugs, which can increase anxiety levels and trigger panic attacks.

06

Seek professional help - If panic attacks are frequent or severe, consider seeking help from a therapist or counselor.

For more information, please visit: www.mindsoulnesshypnotherapy.com



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