PANIC ATTACK

How to overcome it?

Symptoms of a panic attack

- feeling of fast heartbeat,
- chest pain or discomfort,
- feeling of choking, difficult breathing,
- dizziness, imbalance,
- sweating, trembling or shaking,
- fear of losing control,
- dry mouth,
- fear of death.

People experiencing a panic attack may be convinced that something really bad is happening to them.

WHAT TO SAY? To a person who is having a panic attack

It's just a panic attack that will pass. You are not dying, you are not going crazy.

HOW TO HELP?

A person who is having a panic attack

Calm the breath (e.g. breathing into a paper bag, 10 deep diaphragmatic breaths, "square" breathing).

Redirect attention based on the 4 senses (sight, hearing, touch and smell).

Encourage e.g. counting green objects.

Use the calming properties of lavender, eucalyptus, jasmine (e.g. in oil or candle form).

Encourage listening to and naming sounds, e.g. a ticking clock, noise from the street or conversations.

Offer to take off their shoes and touch the ground with their feet. You can touch an object and describe it.