**WHAT TO DO IF YOU FEEL LIKE YOU ARE HAVING A PANIC ATTACK**

1. Remind yourself that you are going to be OK and that this feeling is going to pass because YOU can control it.
2. **Focus on your breathing**: ignore anything else and focus your mind on your breathing. Find your favourite breathing technique or simply take a deep breath in and count to 5 as you breathe out.
3. **Do something physical:** stamp on the spot, click to a beat or tap. This can help to distract your mind and regain control of your breathing.



1. **Focus on your senses:** have a mint or something to touch or cuddle and carry this with you as often as you can.
2. **Try a grounding technique** like the 54321 technique.