

You know the feeling. Being suddenly struck by an overwhelming wave of fear. Of panic.



flow



Heart racing, shaking, sweating,
not being able to catch your
breath. Even dizziness.



Panic attacks can be all-consuming.



And they can hit out of nowhere.

In moments where one hits & you
can feel out of Control...



It's important to remember some
things you can do to calm down.

In the immediate moment you can feel an attack coming, you can quickly dunk your face into ice water. It'll help calm your nervous system down quickly.





You can also lay flat on your back + place your hand on your stomach. Really focus on your breathing so your hand moves up + down. This keeps your breath from being too shallow and panicked.



Ground
yourself by triggering other
senses, intentionally planting both
feet on the ground + diffusing
calming scents like lavender.

There's lots of different ways to get your body out of that 'panic' state.



Every body is different, and so is every "panic tool kit." It's all about what works best for you.