Your Guide to Preventing Panic Attacks



Practice simple breathing for at least 5 minutes each day
Breathe deeply so your stomach pushes out, not just your chest.



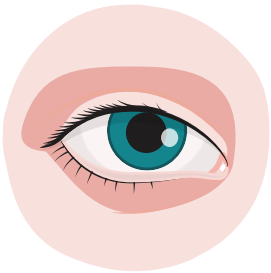
Get moving for at least 20 minutes each day
Try walking, dancing, biking — anything that gets you active.



Watch what you consume
Cut back on coffee, alcohol, nicotine, and sugary drinks.



Try box breathing
Breathe in for 4 seconds, hold for 4, breathe out for 4.



Ground your senses
Name five things you see, four you can touch, three you hear, two you smell, one you taste.



Tense and relax
Clench your toes tightly for 5 seconds, then relax. Repeat with your legs, stomach, hands, arms, shoulders, and face.



Listen to calming sounds
Make a playlist of relaxing music or nature sounds.



Go to your happy place
Picture a place where you feel safe and peaceful — imagine the sights, sounds, and feelings there.



Keep a pocket reminder
Carry a small object — like a smooth stone or a card with a calming phrase — to focus on when anxious.