

# Grounding Techniques for a Panic Attack

Individual

Panic attacks can be scary. You might feel overwhelmed, like you can't breathe, or like you are having a heart attack. This resource will teach you strategies that you can use to help you cope with your panic symptoms. These strategies are called grounding techniques. Grounding techniques can help you calm down quickly.

## Scan the Room

Take a look around you. Reminding yourself that you're safe can reduce the panic and help you return to normal.

## Relax Your Body

It's sometimes easier to relax your body than it is to relax your mind. Relaxation techniques can help your body relax and calm your mind. Take slow, deep breaths. Breathe in through your nose. Pay attention to the feeling of your lungs getting bigger as you breathe in. Then breathe out through your mouth. Repeat this for a minute or two and feel the tension leaving your body.

## The 5-4-3-2-1 Grounding Technique

During a panic attack, people can get stuck in their thoughts. Try to focus on things that are going on around you. Pay attention to all five senses. To do this, concentrate really hard. Name five things you can see around you. Name four things you can feel. Name three things you can hear. Name two things you can smell. Name one thing you can taste. Repeat until you've calmed down.



## Picture a Calm Place in Your Mind

Think about a place where you feel totally calm. Maybe it's a beach, a forest, or a special place you go that makes you feel calm. Take a few moments and take some deep breaths. Close your eyes. Imagine yourself in your calm place. Think about all of the details. Imagine the sights, smells, noises, and temperature. Really try to imagine what it would be like if you were there. Imagine yourself in your calm place for a few minutes before you open your eyes.

