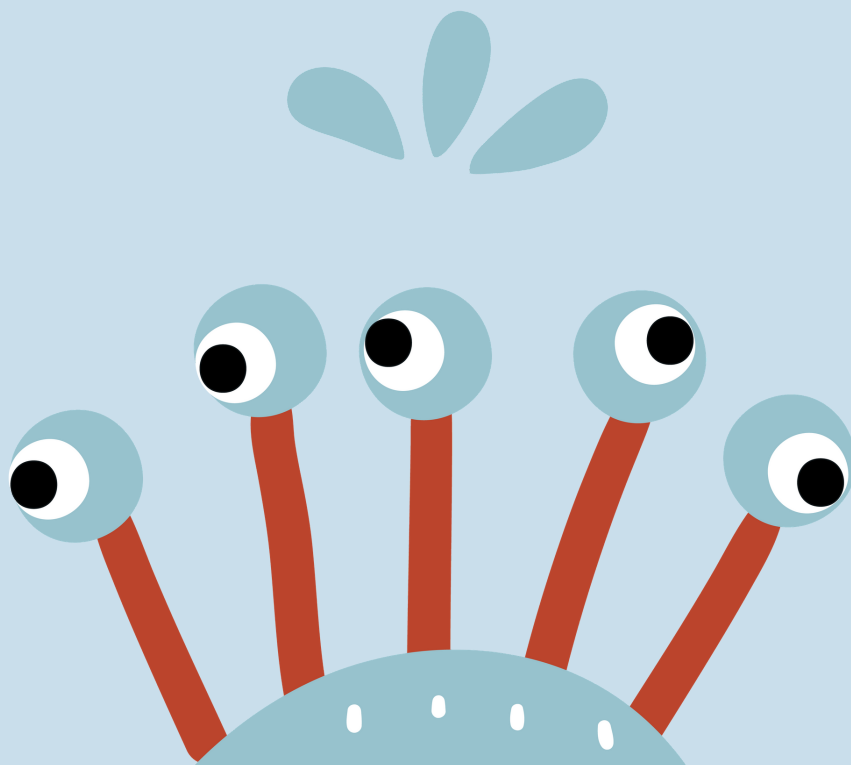




# PANIC ATTACKS

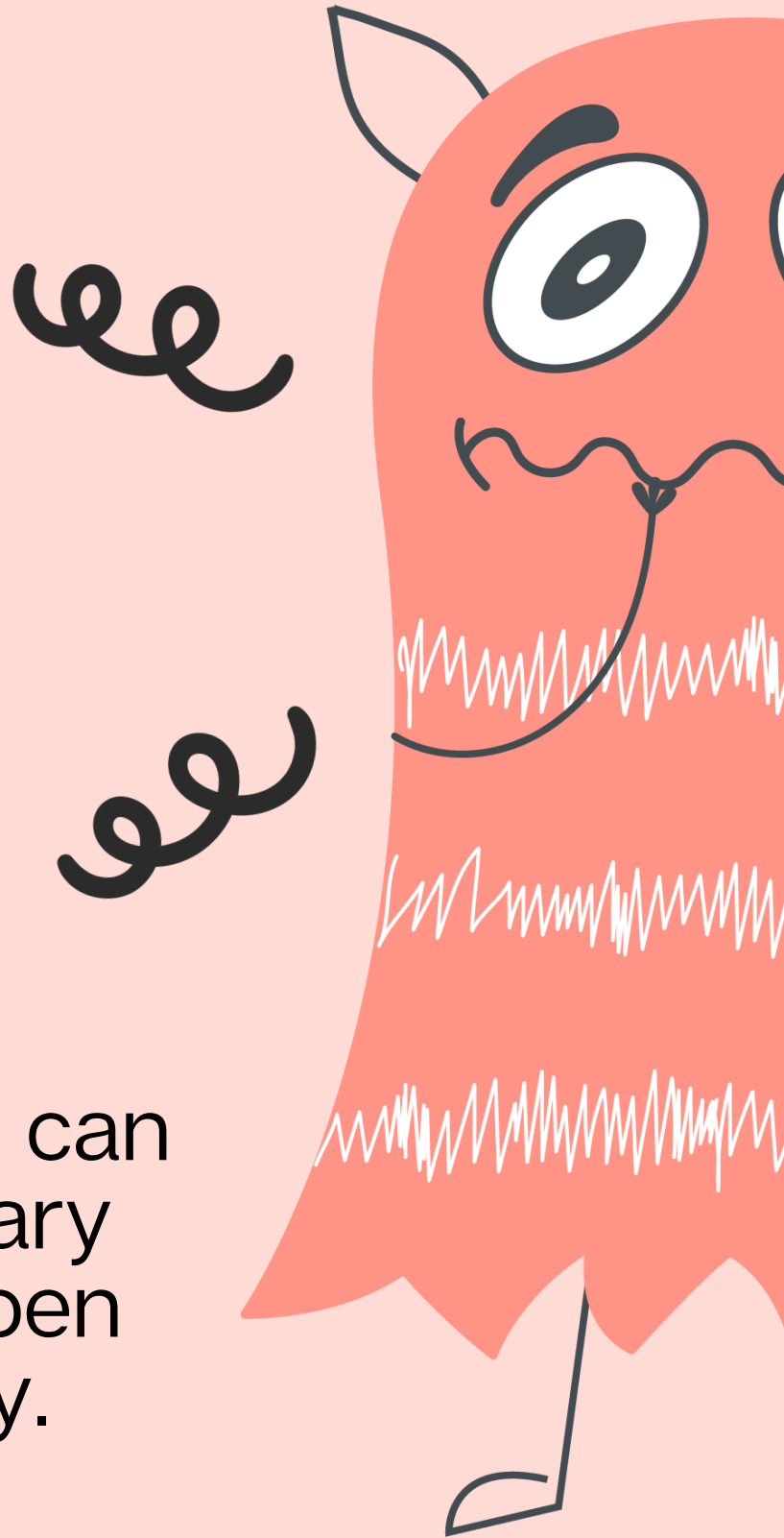


**Panic** is when you feel so worried or scared, you can not think properly.



Panicking can lead to something called a **panic attack**.

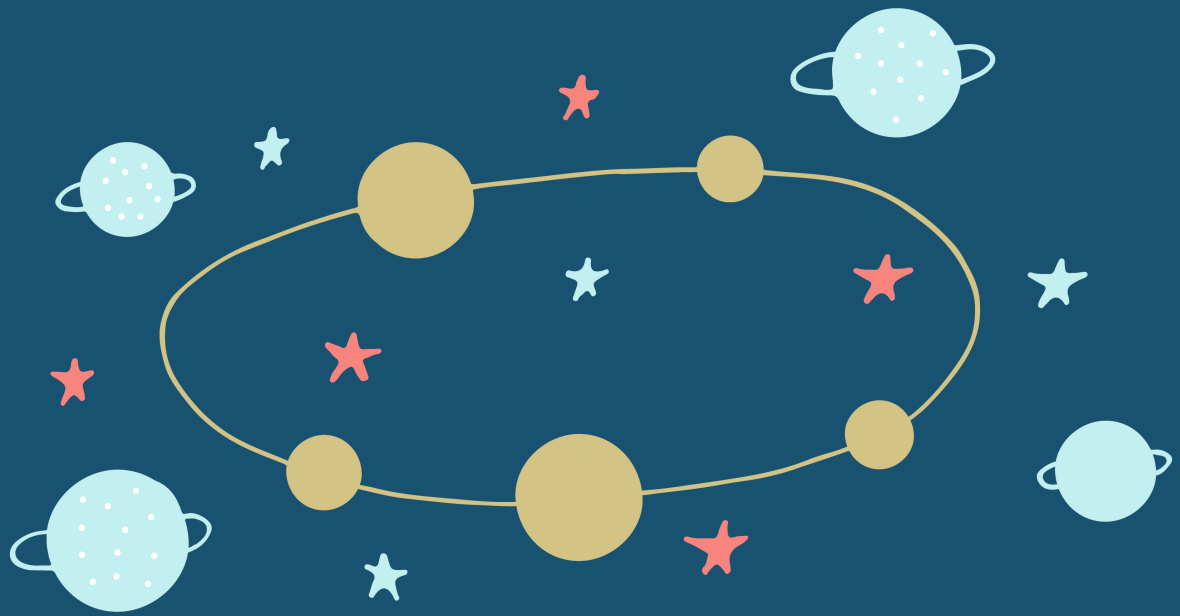
A panic attack can feel really scary and can happen very quickly.



You may feel like you can't breathe and start to hyperventilate.

Hyperventilating is when you are breathing so quickly it feels like you can not get enough air.





Your heart may beat very fast and you may feel dizzy or faint.

Other symptoms of a panic  
attack include:

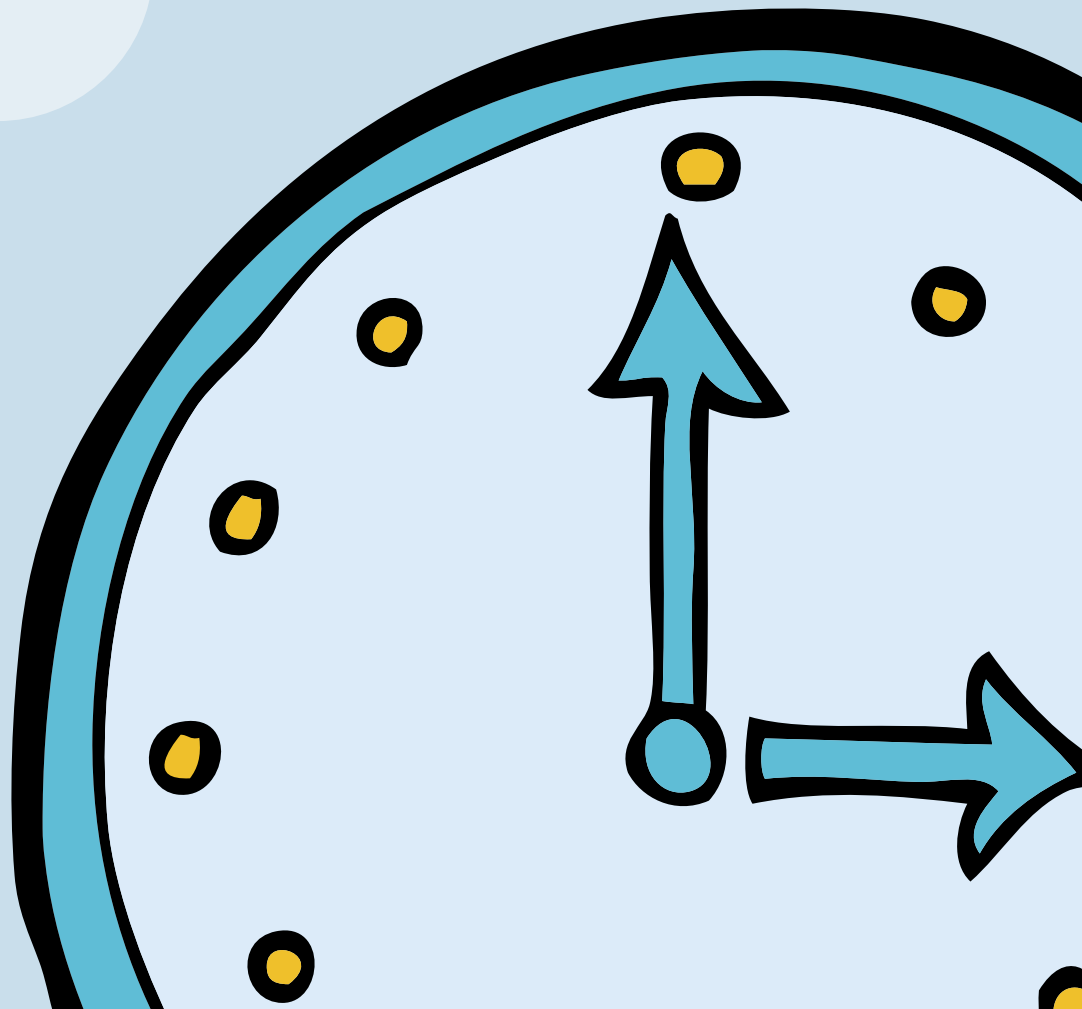
Sweating  
Feeling sick  
Chest pain  
Shaking  
Feeling hot  
Tingling fingers




It's important to remember that although frightening, panic attacks are not dangerous.



Most panic attacks  
last between 5 and  
20 minutes.

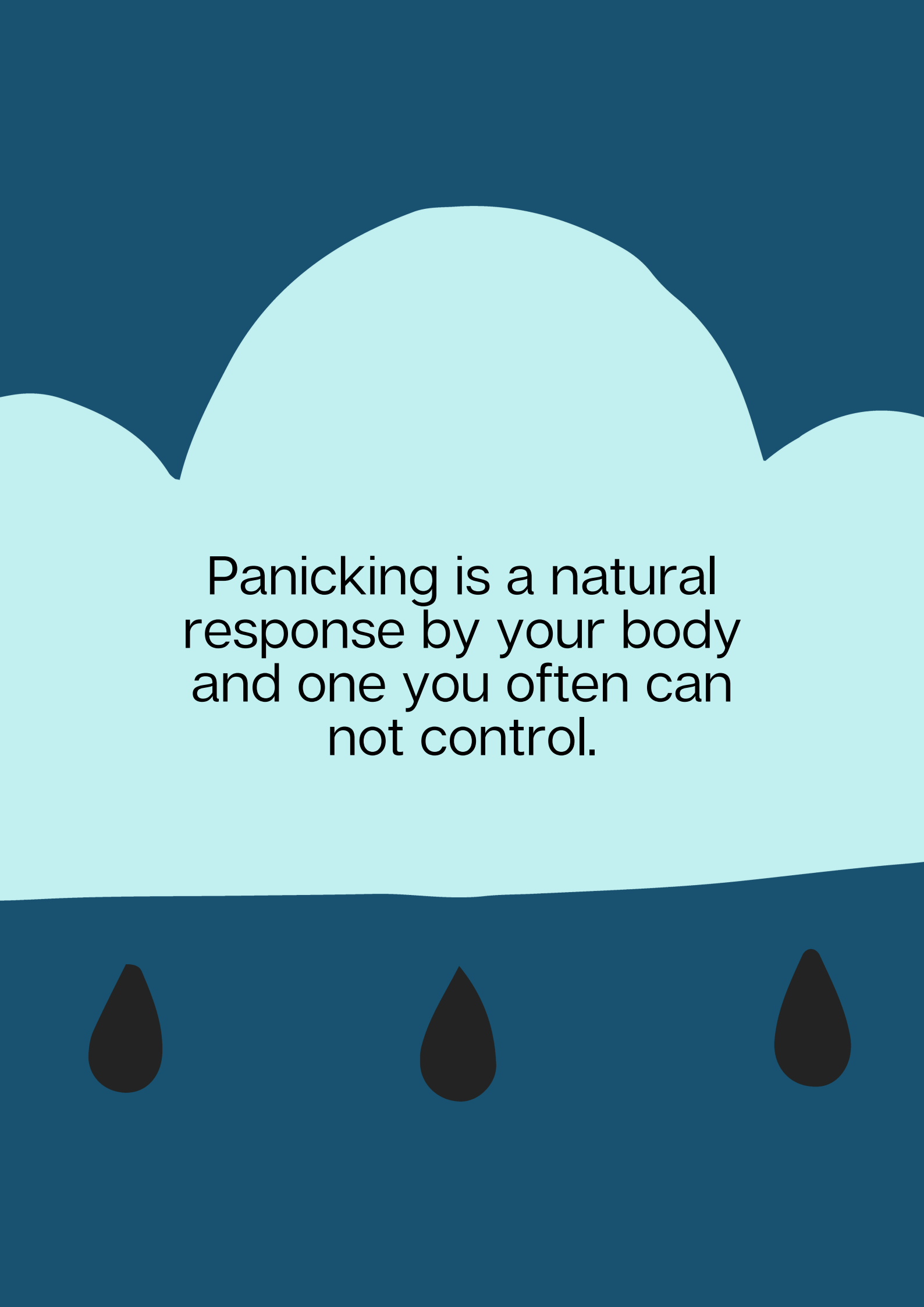


The background of the entire page is a light yellow color, decorated with several yellow lightning bolt icons scattered across it.

Lots of people have panic attacks when they feel very scared or worried.

But some people who suffer from regular panic attacks, may have something called **panic disorder.**





Panicking is a natural  
response by your body  
and one you often can  
not control.



Remember, panic attacks are not serious and can not harm you. Although it may feel that way.

I AM STRONG

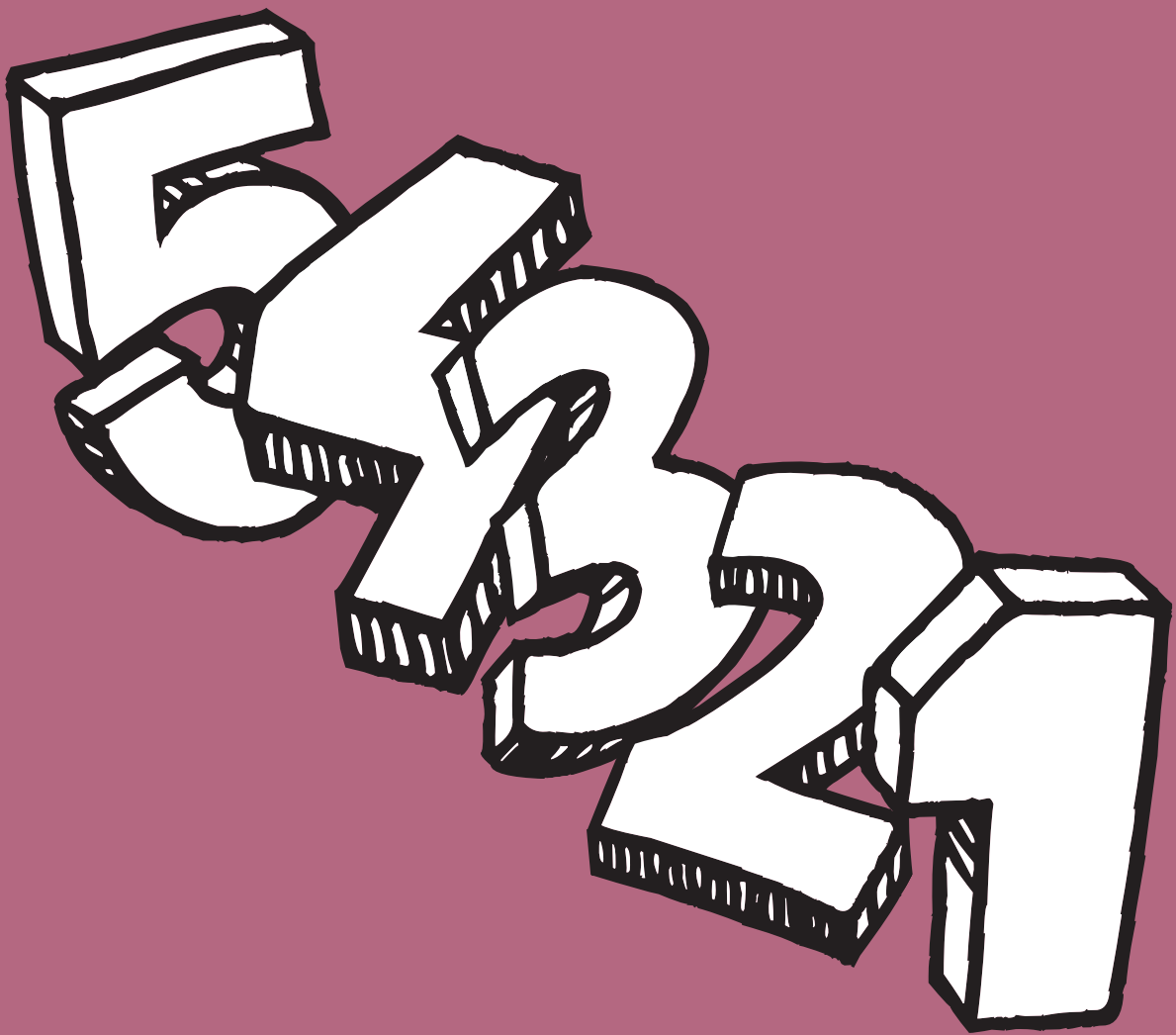


Some people may need to get help for their panic attacks.



It's important to know that there is help available.

When you are having a panic attack, there is something clever you can do to help calm you.



This is called **grounding**. We will practise this on the next page!

Next time you are having a  
panic attack, remember -  
**5,4,3,2,1!**

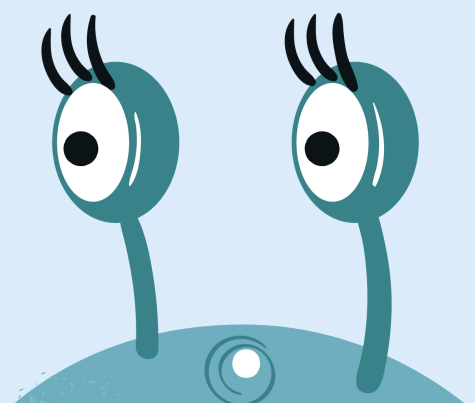
Say **5** things you can **SEE**

Say **4** things you can **TOUCH**

Say **3** things you can **HEAR**

Say **2** things you can **SMELL**

Say **1** thing you can **TASTE**



Doing this when you feel  
panicked or are having  
negative thoughts can help  
you feel calm.



Do you have any questions about panic attacks that you would like to ask?



For grown ups

## **QUESTIONS TO ASK:**

### **?** Has this helped you?

Ask if this book has helped them understand panic, and explore anything they don't understand further.

### **?** How can panic make you feel?

Talk about the mental effects but also the physical ones too - it can make you feel scared, worried, overwhelmed, sick, hot etc.

### **?** How do you feel after this booklet?

It's important to assess emotions after talking about something upsetting, ask the child how they feel and what you can do to help them feel calm if they are distressed.

### **?** What helps you feel calm?

Discuss what helps the child to feel calm - is it cuddling a teddy, doing an activity such as colouring/painting, speaking with a grown up etc.

### **?** What should you do if you are having a panic attack?

Find a grown up, do a grounding technique, remember it's not dangerous and will pass.

For grown ups

## **HOW TO HELP A CHILD HAVING A PANIC ATTACK**

### Calm and reassure the child

Firstly, make sure you are calm. Then calm the child, tell them that everything is ok and what they are experiencing will pass.

### Do a grounding technique

Do the grounding technique from this booklet. Do this together and help bring them back into the room.

### Reflect

When it has passed, it is important to talk about what happened and why.

### Tell them what happens next

After a panic attack it's normal to feel drained, tired or tense. Ensure the child remains in a calm environment and keep them warm. Ensure that they feel loved and supported. Explore the options for the next steps - do they need further help?

### Panic attacks are common!

Let them know that panic attacks can happen to anyone, at any time. It does not mean there is something wrong with them.