

# END A PANIC ATTACK

## in 3 minutes with these 4 easy steps

### FOCUS



Feel your feet flat on the floor. Recognise and name 3 things you see around you.

### BREATHE



Check you are breathing through your nose, slowly in and out to the count of 4.

### ACCEPT



You are doing fine, this is just a bunch of feelings caused by Adrenaline. The adrenaline will soon start to decrease.

### RELAX



Concentrate on dropping your shoulders. As you breathe out, let them drop a notch, then repeat 5 times.