

Guidelines for Preventing Panic Attacks

A panic attack is a sudden overpowering fright, a terror often inspired by a troubling cause or thought, a thought of danger accompanied by unreasonable frantic efforts to secure safety to FIGHT OR FLIGHT.

Fight or flight do not work, acceptance and the choice to bear the discomfort works.

Here are some helpful tips for preventing panic attacks:

- Repeat to yourself over and over, “This sensation is distressing and upsetting but not DANGEROUS, no one ever died from it.”
- Take three deep breaths – hold each of them until the count of three, and then let the air out with a sound.
- Invite the sensation to get stronger (this stops the fear of the fear).
- Tell yourself this will pass, it is temporary, it does not last.
- Know that this sensation is a signal, a good signal, that your body is sending from your mind that you may need to change some things in your life.
- Understand that your rational or conscious mind may not be working in your best interest. Your unconscious mind has much more information about your feelings and knows what is healthy for you.
- Learn to create a better self-image by saying good things to yourself.
- Tap into a power source greater than yourself. The creative power of the universe is available to you.