

**** QUICK COPING TECHNIQUES FOR PANIC/ANXIETY ATTACKS**

1. Talk to Another Person

- a. e.g. when riding in a car or public transportation, when standing in line at a cash register, etc.
- b. If in a public speaking situation, you can talk about feeling nervous.

2. Engage In A Simple, Repetitive Activity (something to distract your mind)

- a. Unwrap and chew a piece of gum.
- b. Count the number of people in the store.
- c. Time how long it takes each person to get to the head of the line.
- d. Count the exact amount of money in your purse or wallet.
- e. Count the bumps on the steering wheel.
- f. Time the length of the stoplight.
- g. Snap a rubber band or play with a paper clip.

3. Engage In An Activity That Requires Focused Concentration

This is harder to do when you're feeling panicky and takes more practice to master. Once you've got it, it works very well though.

- a. puzzle solving
- b. knitting, sewing
- c. balancing your checkbook
- d. write a running account of the panic attack in your journal as the anxiety waxes and wanes.

4. Movement - i.e. - going with the "flight" response

- a. At Work: walk to the bathroom & back; walk outdoors for 10 minutes
- b. At Home: household chores requiring physical activity; rebounder or stationary bicycle.
- c. Engage in your usual physical exercise: jogging, swimming, etc.

5. Express Anger, Rage - i.e. - going with the "fight" response

- a. Stack up some pillows and have a go at them with both fists. Be sure to really let yourself go.
- b. Put a large, durable pillow or cushion on your bed and go for it with a tennis racket.
- c. Scream into a pillow.