

PANIC ATTACKS

You can beat them.. Really!

**Please remember to
respect each other's
confidentiality**

In the first session

We looked at;

1.The importance of sleep

2.Diet

3.Exercise

In the second session we looked at;

1. Routine study
2. Deadlines
3. Revision

In this session we're going to talk about Panic Attacks

1. What is a Panic Attack?
2. Spotting the early signs
3. Dealing with

What is a Panic attack?

It's a feeling of sudden and intense anxiety: an extreme form of stress

- *It may be clearly in response to an event*
- *But often it can come 'out of the blue' with no obvious cause*

You may never have one..

But some people have frequent attacks over a period of time

A Panic Attack includes;

- *Strong emotions*
- *Powerful thoughts*
- *Overwhelming physical symptoms*

Spotting the early signs

- Tightening of the chest muscles
- A feeling of weight on the shoulders
- Shortness of breath
- Dizziness
- Numbness
- Getting hot
- Sweating
- Shaking
- Struggling to think clearly/thoughts 'racing'
- Feeling of 'doom' or fear
- Feeling like you're not really 'here'

You may not have all these signs

But if you have three or four, you may be on the edge of an attack

If you notice them quickly enough you may be able to stop the attack before it gets worse

Dealing with an attack

Physical strategies

- Try controlled breathing (practice pays off)
- If all else fails – hold your breath to get control back
- Try to resist the urge to run away (where to..?)
- Carry on with what you're doing if possible; keep your attention on external events
- Focus on relaxing your tensed-up muscles
- If you feel dizzy, sit down and tip your head down to your knees



In your head..

- Acknowledge 'this is a Panic attack'
- Remind yourself you will be OK
- Remember you won't stop breathing, you won't die
- Focus on your surroundings, keep 'in the present'
- Don't be afraid of a panic attack

Putting it all together..

Little and often

Keeping on top of your studies reduce stress levels

Keep organised

Eat well

Sleep well

Watch your deadlines

Engage

Take on the tough bits

Looking after your mind and body helps you resist stress and anxiety better

Reassure yourself

Panic Attacks happen sometimes.. But they're not that bad

Watch for early signs

Exercise

Chillax

Relax your body

Use controlled breathing

And don't forget to ask for help: you don't have to do it on your own