

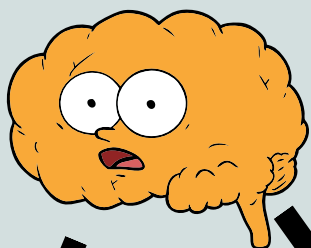
Managing Panic

WHAT IS PANIC, AND WHY DO WE EXPERIENCE IT?

Panic attacks can be described as an intense feeling that can feel overwhelming. It usually involves some **physical changes** as well as **worrying or scary racing thoughts**. People usually experience panic attacks in certain situations but we can also get panic attacks thinking about situations.

WHAT HAPPENS WHEN WE PANIC?

Panic is linked to our **Fight, Flight Freeze** (FFF) response. This FFF response is an evolutionary response **designed to keep us safe** when a danger is detected and it causes physical changes in our body



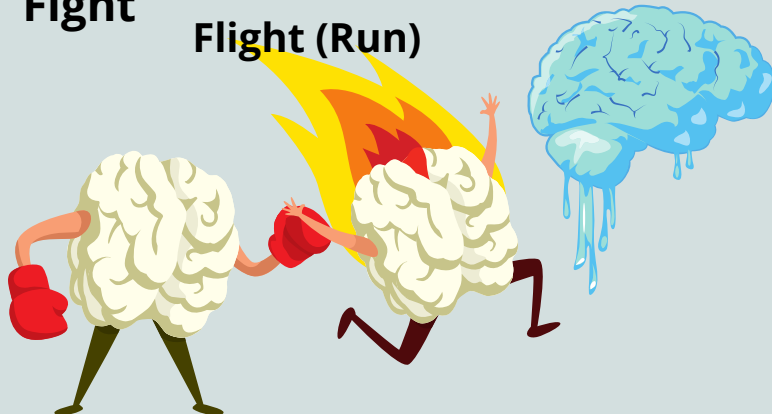
When our brain detects or thinks about a threat, it signals to our body to either **fight the threat, flight (run) from the threat** or **freeze (can't move)** in front of the threat.

Our FFF response sends lots of signals through our body to **prepare for action**. This includes physical changes of sweating, increased heart rate and breathing, panicking thoughts and even feeling sick.

Fight

Flight (Run)

Freeze



The FFF response can be set off by being in a scary situation but can also be set off just by **THINKING** we're in a dangerous situations.

So by **thinking** we're in danger, our **body responds** as if we're in danger



MY EXPERIENCE OF PANIC

Panic can effect everyone differently. Have a go at selecting some of feelings below that you've experienced:

Sweating

Fast Heart Rate

Fast, rapid breathing

Tense muscles

Rapid, fast thoughts

Need to go to the toilet

Feeling sick

Dry mouth

Feeling of doom

Feel unable to move

Twitching or tapping

Restless, lots of movement

Shaking



WHAT KEEPS PANIC GOING?

Our thoughts and behaviours are the main things that keeps panic going, which means there are things we can change to overcome the problems.

Escape and avoidance:

It makes sense that we **want to avoid difficult situations**. However, avoiding situations **keeps panic going** as it prevents us from learning how to cope in difficult situations. It can also restrict what we're able to do in our daily life.

Unhelpful habits:

Sometimes to face difficult situations people develop habits to help them through e.g only going to events with another person, rushing through a task or situation as quickly as possible, or over preparing. These **subtly avoid** elements of panic we feel we are unable to cope with.

Anxious thinking:

When we are feeling anxious we tend to **think in an anxious way** e.g. that we can't cope and that the worst case outcomes will happen. We might even **misinterpret** the physical symptoms of panic as something that's really bad, like a heart attack.

It's important that we **try and think in a balanced way** and challenge anxious thinking.





HOW DO I CURRENTLY COPE WITH PANIC

List some of the ways that you currently manage anxious feelings or panic. Are any of them unhelpful habits?

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____



DID YOU
KNOW?

Despite feeling horrible and physically alarming, panic isn't dangerous! It doesn't harm the body or the mind and is a safe reaction to difficult situations.

Panic is..
Ok!

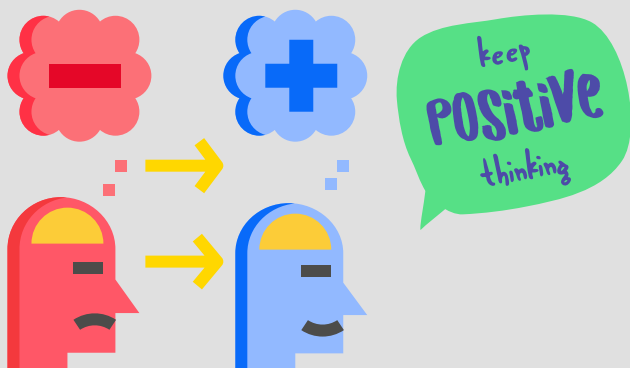
HOW CAN I MANAGE PANIC?

Panic can feel overwhelming, but there are some things you can do to feel better. Below are some techniques to try

You're not in danger

The physical feelings of anxiety are very unpleasant but they are not harmful. Remind yourself that you are safe and it's just your body's natural response to a perceived threat

You
Are
Safe!



Positive thinking

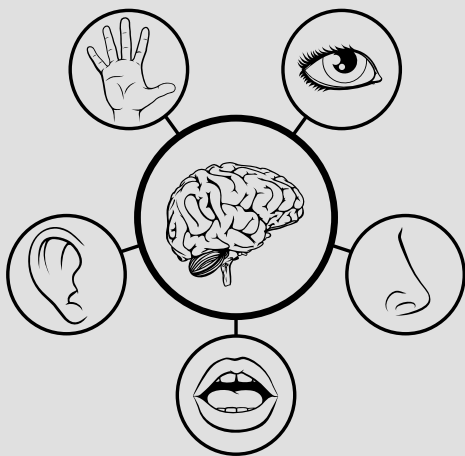
Grounding techniques can be really helpful in shifting your attention from the unpleasant physical changes to the environment around you. Positive self-talk are short statements we can repeat to ourselves that are calming and reassure us that we can cope in difficult situations.

Face your fear

When faced with anxiety and feeling panic it's likely you'll want to escape or avoid the situation. However, in the long term this won't help you overcome the problem so try and stay where you are until the anxiety starts to reduce. Facing our fears is the best way to overcome anxiety.



Just Breathe



Deep breaths

Using breathing exercises when feeling panic can be an effective way to manage the physical symptoms by regulating your oxygen intake and helping you feel calm. There are lots of different techniques, try a few and find one that works for you.

Relaxation Exercises

Using our senses and noticing what's around us can help bring us back to the here and now.

- Try looking and counting 5 things you can see, hear, smell, touch and taste
- Try tensing and releasing different muscles in the body. This helps us feel more in control of our physical reactions to panic



SOME GOOD NEWS

Panic cannot and will not last forever! Sometimes panic can feel like it will never stop but the body cannot keep that panic intensity going. So **panic will always naturally go away**



TOP TIPS

It can be really difficult to think clearly when we're panicking.

So **practice** calming behaviours and thoughts **when you're feeling calm**. Then, when you are feeling panicky, it'll be easy to use the techniques



MY PANIC PLAN:

Lets put it all together...

Having a plan of what you will do if you feel panic can help you cope in difficult situations

What situations make me feel anxious?

Identifying potential difficult situation can help us prepare for them

Positive self-talk statement I can use when I feel panicky. Write own some statements you can say to yourself to help keep calm and challenge panicking thoughts

Relaxation techniques: Write down some coping techniques you're going to try when feeling panicky

Who can I talk to? Talking to a trusted other person can help you feel less alone with your panic. Write down some people you feel comfortable talking to

YOU'RE NOT ALONE

There is help out there for you. If you're struggling or feel overwhelmed reach out to the services below:

Anxiety Helplines and Services

SHOUT text line 24/7 - Text SHOUT to 85258

No Panic Helpline Everyday 10am-10pm - 0300 772984

Anxiety UK Helpline - Mon-Fri 09:30am-5:30pm 03444 775 774



Crisis Support numbers

First Response Service: dial 111 and select option 2 (open 24 hours/7 days a week)
Young Minds Crisis Messenger: text YM to 85258

Samaritans: dial 116 123 (open 24 hours/7 days a week)

Childline (under 18s): dial 0800 1111

Young Person Services

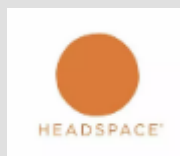
Centre3 3 - www.centre33.org.uk/

Kooth - www.kooth.com

The Kite Trust - www.thekitetrust.org.uk

Your Local GP

Some Further Websites or Apps you might like to try:



MindShift

Cambridgeshire & Peterborough C&YP Mental Health

KeepYourHead



Tel: 0333 4141 809

email: help@centre33.org.uk