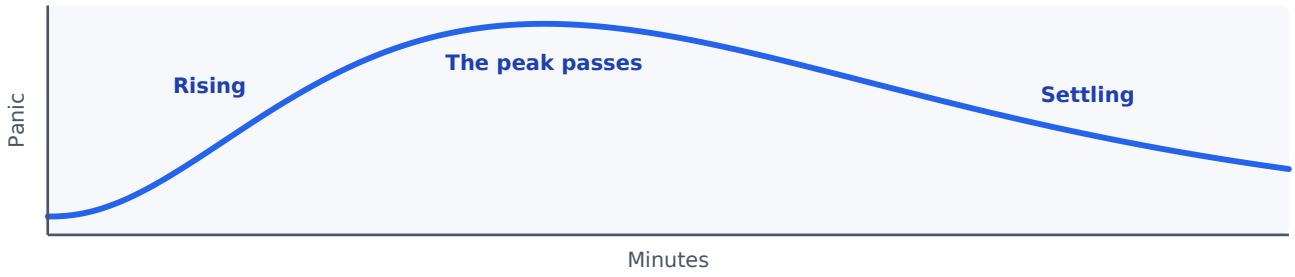
Riding out a panic attack

Six steps for letting a panic attack pass without fighting it.

The instinct in panic is to fight it or get away. Both tell your brain the danger is real. It works better to let the attack happen and pass.

1. **Name it.** "This is a panic attack. I know what this is. It is adrenaline."
2. **Stay where you are** if you safely can. If you are driving, pull over when it is safe and wait.
3. **Stop fighting it.** Loosen your shoulders and hands and let the sensations come. They are unpleasant but not harmful.
4. **Breathe out slowly.** Do not gulp air. Let your breathing find its own pace.
5. **Watch it rise and fall.** It builds, peaks and comes down, like a wave. Notice the moment it starts to ease.
6. **Carry on.** When it eases, go back to what you were doing. This is what teaches your brain it was a false alarm.



Each time I ride one out

Date	Roughly how long to the peak	What I did	What I found out

Cut along the dashed lines. Keep a card in your wallet or phone case.

This is panic. It is adrenaline. It is not dangerous and it will pass. Stay. Loosen. Breathe out. Let the wave rise and fall. Then carry on.

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What I want to remember when panic comes

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