

How to deal with panic attacks

What panic attacks feel like

- hyperventilation
- chest pain
- seizure-like muscle contractions
- uncontrollable crying/sadness
- hopelessness
- heart attack
- pins & needles in hands
- spiraling out of control
- nausea

Prevention

- gratitude
- journaling
- exercise
- positive environment
- finding out triggers
- counseling/support system
- medication
- essential oils
- no smoking/alcohol
- get enough sleep

Getting through an attack

- acknowledging it ASAP
- talk it out to someone
- read my affirmations
- hold an ice cube
- lay down
- listen to music
- take medication
- non-alcoholic drink or food
- eat a sour candy

Recovering from an attack

- be patient and kind to yourself
- hydrate and eat
- watch a favorite movie
- create a calm environment
 - candles
 - bubble bath
 - classic music or meditations

Important things to remember

- You are not broken
- You are not a failure
- Your brain is having charlie horses
- You are not alone
- Taking medication is not embarrassing
- Panic attacks are controllable
- It gets easier
- Getting help takes strength
- Family/friends may not understand
- It is okay to ask for help
 - you are not a burden

Affirmation

I am strong enough to get through this.

I will get through this.

I have overcome hard things.

I am smart and capable of handling tough situations.

I have faith that things will work out.

This too shall pass.

Resources

- Myself (@drlizkopco)
- School counseling centers
- Friends/family/other students
- National Suicide Prevention Lifeline
 - Dial 988

YOU ARE LOVED AND NOT ALONE.