A PAUSE, A PRACTICE, A NEXT STEP

Panic Attacks

Take one moment at a time.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Safety comes first

Do not assume unfamiliar symptoms are panic. New or severe chest pain, fainting, or severe trouble breathing need urgent medical evaluation. Call 911 in the U.S. if symptoms could be a medical emergency.

Start with physical safety

Pause somewhere physically safe. Sit with support if helpful. If symptoms are unfamiliar, severe, or suggest a medical emergency, seek medical help rather than continuing an exercise.

01 / Notice and reflect

What signs did I notice first?

02 / Notice and reflect

What helped me orient to the present?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Contact your care team for repeated episodes, persistent fear of another attack, or avoiding more activities. A clinician can assess possible medical causes and discuss effective treatments. Coping exercises are support, not a substitute for assessment.

Read more: NIMH · Panic disorder

More tools and immediate support: Our Healing Room / Crisis Support.