Panic Attack Checklist

Control Your Breathing
- [ ] Slow Down Each Breath
- [ ] Hold Your Breath for 2-3 Seconds
- [ ] Don't Force a Yawn
- [ ] Don't Force a Chest Expansion
- [ ] Take 5 Seconds to Breathe In
- [ ] Take 7 Seconds to Breathe Out

Get Out of Your Head
- [ ] Tell a Friend What You're Feeling
- Call Someone

Distract Yourself
- Turn On Music
- [ ] Go Outside
- Watch TV
- Go For a Walk

FLOURISH
PSYCHOLOGY