Panic card

A few sentences for your wallet that you couldn't put together during an attack.

> During panic, attention narrows and thinking fails. Sentences written in advance do the work for you. **Cut along the line** and carry it with you, or photograph it onto your lock screen.

The card — copy this onto it

This is a panic attack. It isn't dangerous and it will pass.

The peak comes within minutes. I don't have to run.

My first thing:

My second thing:

I can call:

Suggestions for the first two things

1. An out-breath longer than the in-breath — count 4 in, 6 out, ten times.
2. Name five things you can see, four you can touch.
3. Feet firmly on the floor, a palm on your chest.

After the attack

What was happening just before it?

What helped this time?