



Exercise:

# PANIC ATTACK MANAGEMENT TECHNIQUES

## ABOUT THIS EXERCISE

Panic attacks occur when fear becomes unmanageable. At first, you may not understand what is happening. You will hyperventilate and your mind will be focused on the worst case scenario. It could feel as if you are going to faint or have a heart attack. Rest assured that will not happen. You are experiencing extreme anxiety, but your life is not in danger.

Panic attacks are less likely to occur if you:

- Have assessed the threat
- Are taking care of your health
- Are monitoring your stress and anxiety levels

The following technique, based on pranayama yoga, will help you to keep calm and breathe oxygen into your bloodstream, brain, and body. It will also help you to focus on the present instead of conjuring up worst-case scenarios.

## ❓ HOW TO DO THE EXERCISE

### Option 1:

- 1) Block one of your nostrils with one finger.
- 2) Breathe from your other nostril.
- 3) Switch sides, blocking the side you already breathed in from and exhaling from the other nostril.



Watch how the [Dalai Lama combines pranayama with acupressure](#) to stop panic attacks. You can do it whenever and wherever you feel the onset of a panic attack. If you're in a public place, you can go outside or find a bathroom to do this technique.

### Option 2:

Diaphragmatic breathing:

1. Breathe through your nose, stomach first, in a four-second count.
2. Hold your breath for four seconds.
3. Exhale through your nose, stomach first, in a four-second count.
4. Hold your breath for four seconds.
5. Repeat this exercise three times.

This technique forces your body to control pulsations and breathing, allowing you to stop a panic attack or at least keep it under control. If you're trying to help someone who's having a panic attack, sit with them, tell them how to breathe and help them to count their breath. For more information on diaphragmatic breathing, consult this exercise [here](#).