

# 5 TIPS FOR MANAGING A PANIC ATTACK IN PUBLIC

## IDENTIFY THE SIGNS OF AN ONCOMING PANIC ATTACK

If you can't determine the reason behind the signs, you may be experiencing a panic attack.

## GET YOURSELF TO A SAFE SPOT

Because panic attacks trigger your body's physiological processes related to fear, finding a place where you can feel safe can help your body calm down.

## GROUND YOURSELF

Grounding comes from mindfulness practices and can be extremely helpful when you're feeling distressed, as it moves your attention away from your symptoms so you can begin to process through what's happening.

## FOCUS ON A DISTRACTION

If grounding isn't working for you, finding a distraction is another way to shift your attention away from your panic attack and help you establish homeostasis once more.

## CALL A FRIEND OR LOVED ONE

Hearing the voice of someone that cares about you can also be an effective way to break out of the grip of your panic attack.