

I first know I am feeling anxious when

1

then

2

3

4

5

If I catch the panic before this point, I can

.....

.....

6

7

8

9

10 Panic



FOR TIPS ON ...

- How to manage the early stages of a panic
& prevent an attack
- What to do during and after a panic attack
- How to support a friend if they are having
a panic attack

