

AURORA AKU

**HOW TO EFFECTIVELY DEAL WITH A
PANIC ATTACK**



**UNDERSTAND,
THIS IS
TEMPORARY
AND
SHALL
PASS.**

**SIT DOWN! IT
CAN HELP YOU.
RELAX!**

**Sitting down helps you
to slow down.
Walking might add
onto your panic.**

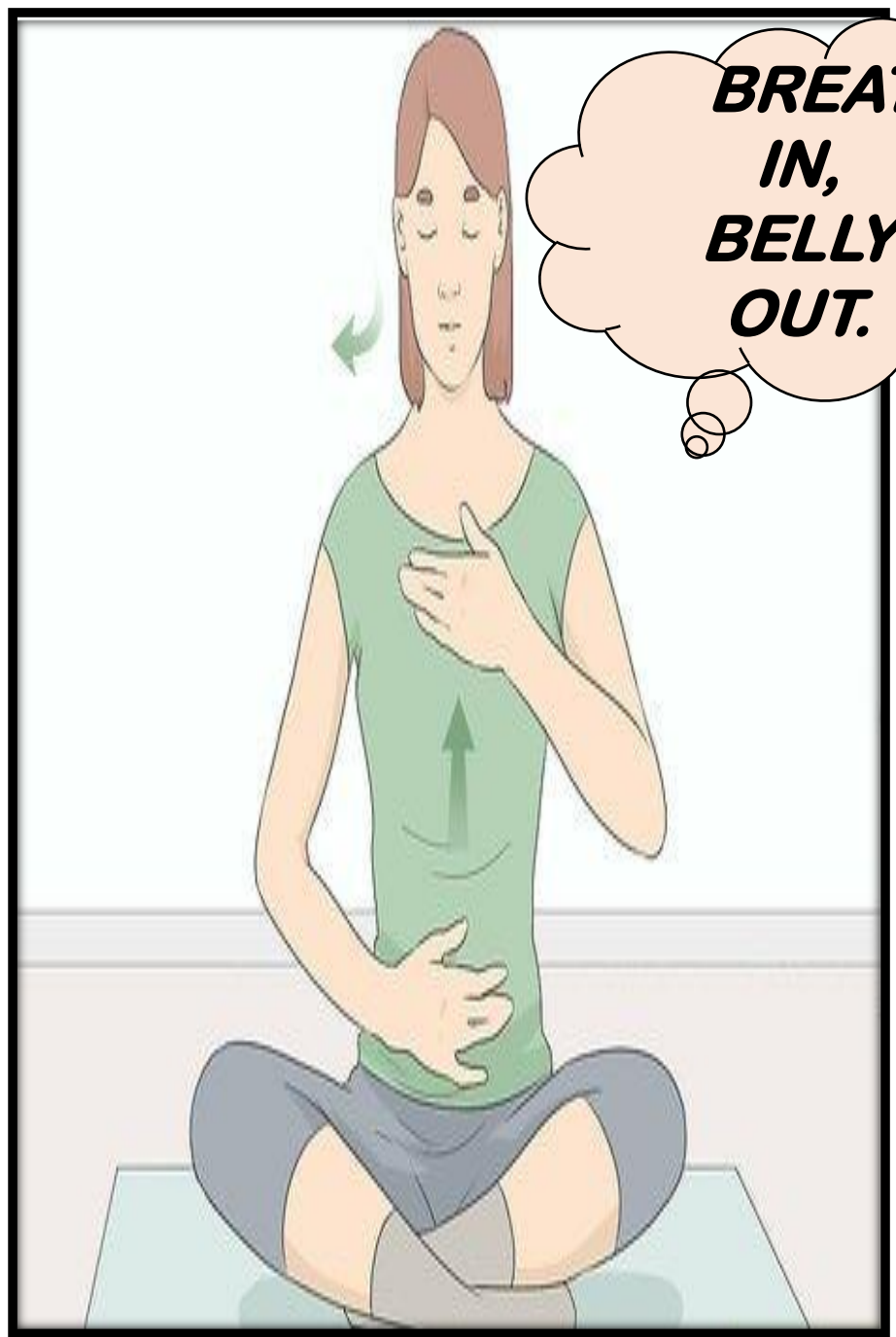


Close your eyes!

Picture yourself in your
happy place
And
START doing things you
LOVE.

**THESE WILL
DISTRACT YOU
FROM TRIGGERS
IN YOUR
ENVIRONMENT.**





**BREATH
IN,
BELLY
OUT.**

STEP 1

Place your hand on chest and abdomen, breath in through the nose.

STEP 2

Make sure your abdomen is expanding and not your chest.

STEP 3

*Exhale for a count of four.
REPEAT!*



PEN IT OUT!

**WRITE DOWN WHAT YOU
FEEL.**

EXPRESS TO RELAX!

**PEN OUT YOUR FEELINGS
AND EXPERIENCE OF POST
ATTACK.**

REFERENCES

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