



**In-person and Online
Counselling Support, UK.**

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Gentle Tips for Panic Attacks

Notice - Your surroundings by focusing on colours, shapes or details.

Breathe - Slow breaths in through your nose and out through your mouth.

Write - Out your thoughts and feelings to help notice patterns.

Listen - To music by playing a favourite song or calming music to relax.

Find Support - By joining a group to connect with people who understand.

Talk - To someone you trust about how you feel to help you be supported.

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