



PANIC ABOUT PANIC?

How to stop panic attacks in their tracks

THE STATISTICS

1 in 4 Australians will experience an anxiety disorder at some point in their life.

PANIC ABOUT PANIC?

Know your symptoms

Panic attacks are a common experience for many people, and can be incredibly distressing and overwhelming. According to psychologists, panic attacks are a sudden and intense feeling of fear or anxiety, often accompanied by physical symptoms such as rapid heartbeat, sweating, and shortness of breath.

In Australia, it is estimated that around 1 in 4 people will experience an anxiety disorder at some point in their life, with panic attacks being a common symptom. This is why it is important to understand what panic attacks are, and how to manage them.



WE ARE HERE TO GIVE YOU THE TOOLS!

Yes, there is something you can do about it!

Panic attacks can be a distressing and overwhelming experience, but they can be managed with the right strategies and support. By understanding what panic attacks are, recognising the early warning signs, and practicing evidence based strategies we can manage panic attacks.

Panic attacks are often triggered by a perceived threat, real or imagined, which can activate our body's "fight or flight" response. This response is designed to protect us in dangerous situations, but when it is activated in response to non-threatening situations, it can lead to panic attacks.

The first step in managing panic attacks is to understand what is happening in our bodies when we experience them. To manage panic attacks, it is important to learn how to recognize the early warning signs. These may include physical sensations such as a racing heartbeat, sweating, or feeling lightheaded, as well as emotional symptoms such as fear or anxiety.

By recognising these early warning signs, we can take steps to manage our anxiety before it escalates into a full-blown panic attack.

TOOLS AND STRATEGIES THAT WILL HELP YOU TAKE
BETTER CONTROL OF YOUR ANXIETY AND SAY
GOODBYE TO THOSE NASTY PANIC ATTACKS!



IF YOU ARE EXPERIENCING PANIC ATTACKS

Remember you are not alone, and that help is available!

One such strategy is the "name it to tame it" approach, which involves labelling and accepting our emotions. This approach is based on the idea that by acknowledging and accepting our emotions, we can reduce our anxiety and prevent panic attacks from occurring.

The first step in the "name it to tame it" approach is to label our emotions. This means identifying and naming the emotion that we are experiencing. For example, if we are feeling anxious, we might say to ourselves, "I am feeling anxious right now." By labelling our emotions, we can begin to take control of them, rather than feeling overwhelmed by them.

We can also practice relaxation techniques such as deep breathing, meditation, or progressive muscle relaxation. These techniques can help to calm our body's "fight or flight" response, and reduce the physical symptoms of anxiety.

Another strategy is to challenge our negative thoughts and beliefs. Panic attacks are often triggered by catastrophic thinking, such as "I'm going to die" or "I'm going crazy." By challenging these thoughts and replacing them with more realistic and positive thoughts, we can reduce our anxiety and prevent panic attacks from occurring.

REACH OUT TO A MENTAL HEALTH PROFESSIONAL FOR SUPPORT, AND TAKE THE FIRST STEP TOWARDS MANAGING YOUR ANXIETY AND LIVING A MORE FULFILLING LIFE.