



Walking Down From a Panic Attack

Samual Davis Period 1



Ghost Forest

Hamburger

Smile!



A panic attack is like

Someone trying to force me to eat
carrots. I very much don't like carrots
but I can't really stop them from feeding
it to me.

I am learning how to not eat carrots.

Four Main Methods

01

Grounding Techniques


02

Distractions

03

Positive Affirmations





01

Grounding Techniques

To begin I will make an organized writing of grounding techniques to help to before or during a panic attack.

Quick n' Simple

Breathing

1. Inhale for 4, hold for 4, exhale for 4
 2. Inhale for 4, hold for 7, exhale for 8
- Smell essential oils or certain smells



Vision

- Watch a candle flame
- Watch jellys
- Count all the colours seen
- Count all the squares
- Name and count all the hair colours
- Count how many people are not paying attention

Countdown Method

5, 4, 3, 2, 1

5 things you see

4 things you feel

3 things you hear

2 things you smell


1 thing you taste





**Swim and appreciate the fishes
that follow.**

— Irene M. Pepperberg



02

Distractions

Distractions are an extremely helpful tool to use to prevent a panic attack. The main thing that causes panic attacks in the first place is overthinking.



Reading

Personally reading is a very fun activity for me, and I complete a 400 page book in about 2 weeks. Just grabbing whatever book I have with me and get immersed is a great learning tool, and distraction.

Drawing

Drawing has been a coping skill for as long as I can remember. There was only a small portion of time that I didn't draw.

Talking


Counting works surprisingly well. Typically I count to 333 due to just feeling like the Along with counting, repeating words can also be soothing. Especially interesting words like pickle, peanut butter or pompous.

The background features a light green wall with a brown wooden window frame. A green plant with large leaves is on the left. A white photo frame with a gold clip is on the wall. A white grid paper is pinned to the wall with a gold clip. The text 'Wow!' is written in a large, bold, white font with a black outline and a shadow effect. The text 'Very interesting!' is written in a large, black, cursive font on the grid paper. The text '2.5 million people out of the US's 300 million people suffer from a panic disorder.' is written in a small, black, typewriter font on the grid paper.

Wow!

Very interesting!

2.5 million people out of the US's 300 million people suffer from a
panic disorder.

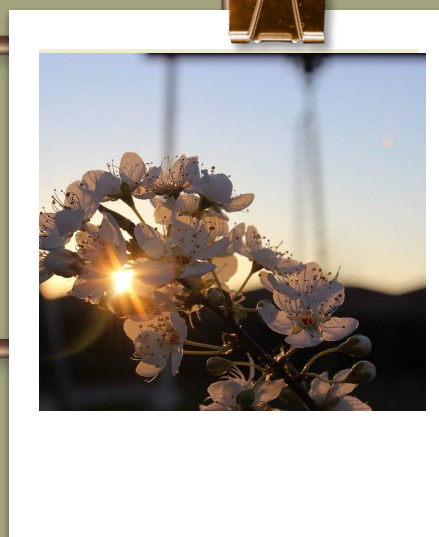
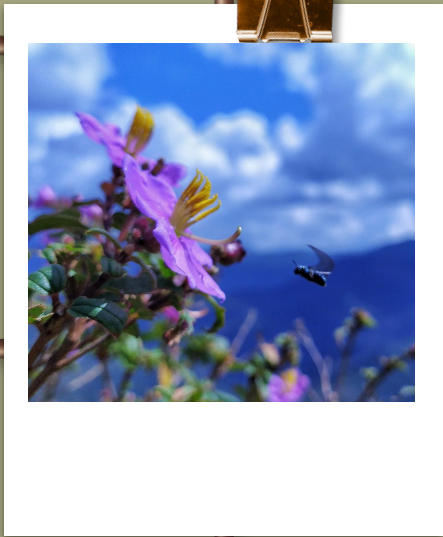


03

Positive Affirmations

Happy things for you to say to yourself. If you say it enough your brain thinks it's true, like goats!

Happy Feeling Pictures



Marco



“You’ve
survived
through all
your worst
days” – Mr. B



• *Suns* •



Your best is enough.



If Jeff Bezos can be successful so can you.



You have better morality than most rich people.



Hamburgers and cheeseburgers work well with fries. That is my opinion of the socio-economi



Nothing can be impossible, the word says "im possible".



This could be us

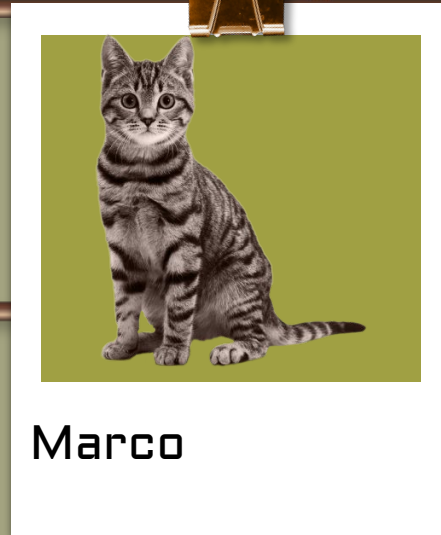
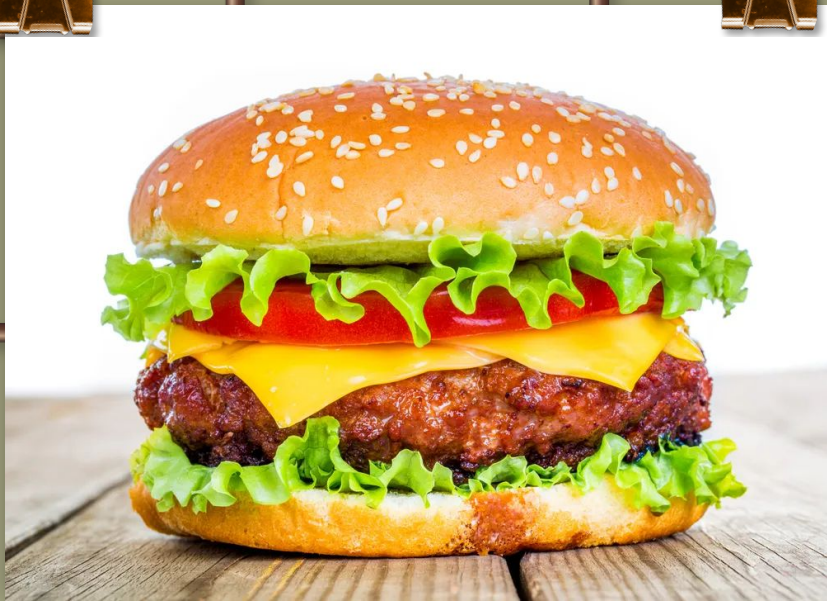
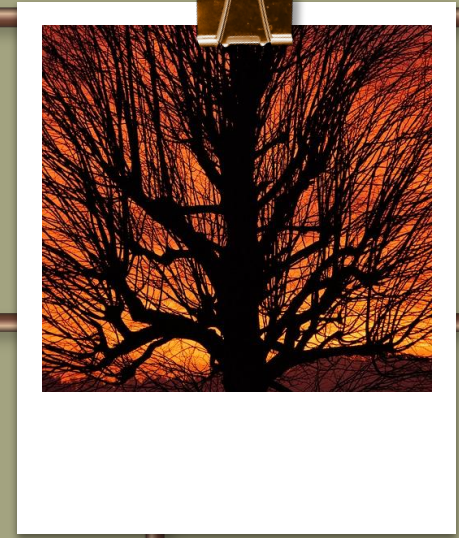
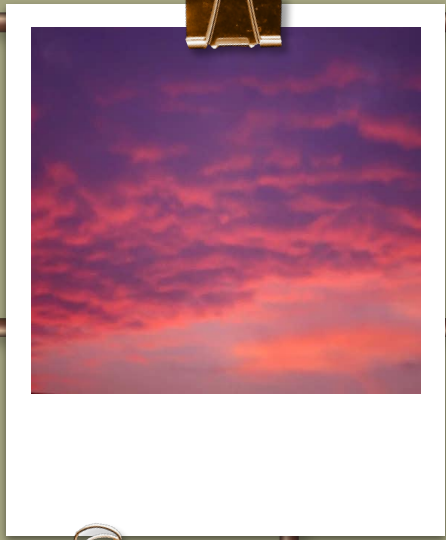




I wrote some of this during the
onset of a panic attack.

How ironic.





Marco

