



ANXIETY & MIND

Grounding During a Panic Attack

5 Things to Try

When panic takes over, your mind can convince you that the danger is real. Grounding helps you **reconnect to the present moment** and calm your body.



You don't need to stop the panic immediately. You just need to **ride the wave**. These tools can help.

Why grounding works

- ✓ It shifts your focus away from fear
- ✓ It calms your nervous system
- ✓ It helps you feel more in control
- ✓ It reminds your brain that this moment is safe



Remember

This feeling is temporary.
You are not in danger.
You will get through this.



Extra support

If you can, reach out to someone you trust. Having connection and reassurance can make a big difference.

5 Grounding Techniques to Try

1



5 Things You Can See

Look around you and name 5 things you can see. Focus on details like colour or shape.

2



4 Things You Can Hear

Listen and name 4 things you can hear. This might be nearby sounds or faint noises in the distance.

3



3 Things You Can Touch

Notice 3 things you can touch. Feel the textures, temperatures or pressure against your skin.

4



2 Things You Can Smell

Take a slow breath in and name 2 things you can smell. This could be a scent nearby or on your hands.

5



1 Thing You Can Taste

Notice 1 thing you can taste. It might be the taste of your breath, a drink, or gum.



Ride the wave

Panic attacks rise, peak and fall. They usually peak within 10 minutes. If you can distract or ground yourself during that peak, the wave begins to settle.



“ Real voices ♥

“I used to think I was losing control when panic hit. Using these grounding steps gave me something solid to focus on. It helped me realise the feeling would pass and I was stronger than I thought. Now I keep these tools with me everywhere.”



“I can't always stop the panic, but I can remind myself that I'm not alone in it.”

– Anonymous



You are stronger than you think. Take it one breath at a time. **You've got this.**

