



Cumbria Advisory Thyroid Service



INFORMATION SHEET

ANXIETY MANAGEMENT – PANIC ATTACKS 10 RULES FOR COPING WITH PANIC

1. *Remember panic feelings are only normal reactions that are exaggerated.*
2. *They are not harmful and nothing worse will happen.*
3. *Notice what is happening in your body now. Stay with the present. Slow down, relax, but keep going.*
4. *Thinking about what might happen is unhelpful. Only now matters.*
5. *Accept the feelings. Let them run through you and they will disappear more quickly.*
6. *Monitor your level of anxiety: 10 (worst) to 0 (least). Watch these levels going down.*
7. *Stay in the situation. If you run away, avoid or escape, it will be more difficult in the future.*
8. *Take a few slow, deep breaths.*
9. *Consciously relax your tense muscles. Feel yourself relaxing.*
10. *Now begin to concentrate again on what you were doing before.*

C.A.T.S RECOMMENDS YOU ALWAYS SEEK YOUR DOCTORS ADVICE

Disclaimer

The purpose of this information leaflet is to help those suffering with thyroid disease. Whilst every effort is made to provide accurate information, it is impossible to ensure that the information given is relevant to every individual. No responsibility is accepted by CATS and it is recommended and essential, that if in any doubt about your condition, that you should always contact your doctor, specialist physician or surgeon to seek medical advice