

Techniques for Panic Attacks

7:11 technique

- Sit down and close your eyes for a little while. Just become aware of your breathing.
- Breathe in to the count of seven and breathe out to the count of eleven. You can hold for a couple of seconds at the bottom of the out breath if that's comfortable for you.

Hyperventilation responds very well to this technique. If you practice this daily, hyperventilating should become less of a problem.

Re-breathing (Emergencies Only)

- Adjust your posture so your elbows are level or above your shoulders.
- Make a mask of your hands and put them over your nose and mouth.
- Breathe in through your nose
- Breathe out hard through your mouth.
- Breathe in your own exhaled air
- This needs to be done slowly without holding your breath.
 - Repeat NO MORE than five times.