



- How to manage -

Panic Attacks



LEICESTER
STUDENTS'
UNION

Panic attacks can be scary and can last from 5-20 minutes.



You may feel...

- A pounding or racing heartbeat.
- Faint, dizzy or light-headed.
- Very hot or very cold.
- Sweaty or shaky.
- Nausea (feeling sick).
- Pain in your chest / abdomen like you're choking or struggling to breathe.
- Disconnected from your mind, body or surroundings.



*Unlike a panic attack, a heart attack is a sharp painful sensation in the chest and is often accompanied by pain in the left side of your face and body. If in doubt, call 999.

When having a panic attack it may feel like you're...

- Having a heart attack* or seizure.
- Going to faint.
- Losing control.
- Going to die.

How to help yourself

- Go to a quiet area.
- Sit down if not already.
- Take deep breaths.
Breathe in through your nose for four seconds and out your mouth for five seconds.
- Remind yourself that the feelings will pass.



Grounding techniques

In order to avoid future panic attacks, it is good to practice ground techniques to manage symptoms of anxiety.

- Breathe in for four seconds, breathe out for five seconds.

Then identify:

- **5** things you can **see**
- **4** things you can **touch**
- **3** things you can **hear**
- **2** things you can **smell**
- **1** thing you can **taste**



Remember: Panic attacks feel frightening but they are not physically harmful.

How to help someone else

- Keep calm and take them somewhere quiet.
- Do not crowd them and ask before touching them.
- Ask if they've experienced this before and if there's anything they know will help.
- Remind them the frightening thoughts and feelings will pass.
- Speak clearly and slowly.
- Guide their breathing:
Tell them to breathe in through their nose for four seconds and out through their mouth for five seconds.
- Use the above technique to breathe along with them.



Panic attacks can be indicative of a more serious underlying problem such as anxiety.

We have listed a number of support services available to you at the University and the Students' Union.

**For more services, visit:
leicesterunion.com/leicestertalks**



**If you need any further assistance,
e-mail our Wellbeing Officer at:**
su-wellbeing@leicester.ac.uk



Support Services



Headspace



Mon & Weds
11am-3pm
SU Advice Service

Welfare Services

9am-5pm
le.ac.uk/welfare



Self-Help Resources



Visit:
getselfhelp.co.uk



Counselling

Visit:

[le.ac.uk /counselling](https://le.ac.uk/counselling)

AccessAbility Centre

Contact:

accessible@le.ac.uk

Advice Service

Weekdays

10am-4pm

SU Advice Service



Therapy Dog

SU Advice Service

Contact:

**advice@le.ac.uk
for more info**





Positive Affirmations



The panic I'm feeling is only temporary.
Everything is going to be alright.

I will focus on today.
One hour at a time, one thing at a time.

I will succeed.
I am in control of my body.

I am letting go of today's stress.
I am calm and centered.
Tomorrow is a new day.

Emergency contacts



Nightline

Student-led listening, support and information service.

Mon-Sun: 8am-8pm • Call: +44 (0)116 223 1230

Samaritans

An external listening and support helpline.

Open 24 / 7 • Call: 116 123

University Security (Emergency)

Open 24 / 7 • Call: +44 (0)116 252 2888

NHS Non-Emergency

When it's not a 999 emergency but you need medical help fast.

Open 24 / 7 • Call: 111

NHS Emergency

Open 24 / 7 • Call: 999

*Panic attack leaflet curated by:
Sana Ali, Wellbeing Officer 2019 / 20*

For non-emergency contacts, see overleaf