

### Panic Attack Grounding Method

Identify **5** things you can **see**

Identify **4** things you can **touch**

Identify **3** things you can **hear**

Identify **2** things you can **smell**

Identify **1** thing you can **taste**

Take **3** deep breaths – in through your nose, out through your mouth

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### Coping Skills Checklist

1. Deep breathing (in for 3, out for 3)
  2. Count backwards from 10 slowly
  3. Take a break / change in environment
  4. Get a drink of water
  5. Squeeze and *release* hands
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### Other Helpful Coping & Self-Care Activities

Positive Self Talk  
Exercise  
Prioritizing Goals  
Counseling  
Hobbies That Bring Pleasure/Joy