

How to Prevent an Anxiety Attack

Breathe deeply in through your nose and out through your mouth

Slowly look around you and find....

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell (or 2 smells you like)

1 emotion you feel

This is called GROUNDING – it can help when you feel upset, lonely and like you have lost all control.

