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.