

Common safety behaviours when having a panic attack (tick the ones that apply to you)



Safety behaviours when having a panic attack	Tick if this applies to you
Distracting yourself	
Gripping onto something or leaning on something/someone	
Standing still and tensing your leg muscles	
Moving more slowly	

Trying to control your thoughts	
Taking tablets or having an alcoholic drink	
Controlling your breathing	
Employing relaxation methods	