My Panic Attack Plan

Fill this in on a calm day, so you have it ready when you need it.

Name: _____ Week of: _____

My early signs

What usually sets it off

What helps me

What makes it worse

Often: leaving at once, checking your pulse, searching symptoms, avoiding the place next time.

Remember

- A panic attack is the body's alarm going off without real danger. It is very unpleasant, but it passes. Most last between 5 and 20 minutes.
- Fighting or fleeing the feelings tends to keep them going. Letting them rise and fall helps them settle.
- If it is your first attack, there is chest pain, or the symptoms feel different from usual, get medical help.

Cut out, fold in half and keep in your wallet or phone case ✂

This is panic. It will pass.

1. Stay where you are if you are safe.
2. Breathe slowly: in for 4, out for 6.
3. Feet on the floor. Name 5 things you can see.
4. Tell yourself: "This is my alarm, not danger."
5. Let the feelings rise and fall. Do not fight them.

People I can call

1. _____ ☎ _____
2. _____ ☎ _____

Emergency: your local number. Pakistan Rescue 1122 · Saudi 911 · India 112 · UK 999 · US/Canada 911

Talk to someone: Pakistan Umang 0311 7786264 · Saudi 920033360 · India 14416 · UK Samaritans 116 123 · US/Canada 988

Based on the cognitive model of panic (Clark, 1986) and NHS advice on panic attacks. Helplines last verified 21 November 2026; emergency numbers 999, 911 and 112 checked 22 November 2026 on gov.uk, 911.gov and crtc.gc.ca. Layout and wording: sherjeelawan.com. Free worksheet from sherjeelawan.com by Dr. Malik Sherjeel Awan (PsyD). For personal use; not a diagnosis or a substitute for professional care. In an emergency call your local emergency number.