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Panic Attack Recovery Workbook

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If you are concerned about your mental or physical health, please speak to your GP or another qualified healthcare professional.

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PAGE 1 – Understanding Panic Attacks

What is a panic attack?

A panic attack is a sudden surge of intense fear or discomfort. It can feel frightening, but panic attacks usually pass within a short period of time.

Many people worry they are having a heart attack or losing control, but panic attacks themselves are not dangerous, even though the symptoms can feel overwhelming.

Recovery is possible, and learning about panic attacks is the first step.

Common symptoms

- ☐ Racing heart
- ☐ Shortness of breath
- ☐ Dizziness
- ☐ Sweating
- ☐ Shaking
- ☐ Chest tightness
- ☐ Tingling sensations
- ☐ Feeling detached
- ☐ Feeling like something terrible will happen
- ☐ Feeling out of control

Reflection

Have you experienced any of these symptoms?

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PAGE 2 – My Panic Attack Experience

Understanding your experiences can help you notice patterns.

♥ When do my panic attacks usually happen?

♥ What was happening beforehand?

♥ What symptoms did I notice first?

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PAGE 3 – My Calm Plan

When I notice a panic attack beginning, I will...

☐ Remind myself that panic attacks pass.

- ☐ Slow my breathing.
- ☐ Ground myself using my senses.
- ☐ Sit somewhere safe.
- ☐ Loosen any tight clothing.
- ☐ Speak kindly to myself.
- ☐ Focus on one thing I can see.
- ☐ Remember that I have got through this before.

♥ My calming phrase

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PAGE 4 – Understanding Your Triggers

Panic attacks can sometimes seem to happen without warning, but many people notice patterns over time.

Understanding your triggers can help you feel more prepared.

♥ My possible triggers

- ☐ Crowded places
- ☐ Driving
- ☐ Public transport

- ☐ Stress
- ☐ Conflict
- ☐ Health worries
- ☐ Social situations
- ☐ Feeling trapped
- ☐ Lack of sleep
- ☐ Too much caffeine
- ☐ Other

♥ My biggest trigger is...

♥ One thing that may help

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PAGE 5 – Learning to Breathe Calmly

When a panic attack begins, breathing can become fast and shallow.

Slowing your breathing can help your body settle.

♥ Try this exercise

🌿 Breathe in through your nose for 4 seconds

🌿 Hold for 2 seconds

🌿 Breathe out slowly through your mouth for 6 seconds

Repeat 5–10 times.

♥ Before I started, my anxiety felt...

★ 1 ★ 2 ★ 3 ★ 4 ★ 5 ★ 6 ★ 7 ★ 8 ★ 9 ★ 10

♥ After I finished, my anxiety felt...

★ 1 ★ 2 ★ 3 ★ 4 ★ 5 ★ 6 ★ 7 ★ 8 ★ 9 ★ 10

♥ How do I feel now?

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PAGE 6 – Grounding Techniques

Grounding can help bring your attention back to the present moment during a panic attack.

♥ 5–4–3–2–1 Grounding Exercise

5 things I can see

4 things I can touch

3 things I can hear

2 things I can smell

1 thing I can taste

💚 Did this help?

☐ Yes

☐ A little

☐ Not today

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PAGE 7 – My Daily Reflection

Take a few moments to reflect on today.

♥ Today I managed by...

♥ Something that helped me

♥ One thing I'm proud of

♥ One thing I'll remember tomorrow

♥ Remember

A panic attack is frightening, but it will pass.

You are safe.

You can breathe through it.

You can cope with it.

Every time you practise your coping skills, you're building confidence for the future.

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PAGE 8 – Challenging Panic Thoughts

Panic attacks often make us believe something terrible is about to happen.

These thoughts feel real, but they are symptoms of panic—not facts.

♥ During a panic attack I often think...

♥ Is there evidence this thought is true?

☐ Yes

☐ No

☐ I'm not sure

♥ A calmer thought I can tell myself

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PAGE 9 – My Personal Warning Signs

Many people notice early signs before a panic attack becomes intense.

Learning to recognise them can help you use coping skills sooner.

♥ My warning signs

- ☐ Racing heart
- ☐ Sweaty hands
- ☐ Fast breathing
- ☐ Feeling dizzy
- ☐ Tight chest
- ☐ Feeling restless
- ☐ Tingling sensations
- ☐ Racing thoughts
- ☐ Feeling unreal
- ☐ Other

♥ The first sign I usually notice

♥ What I'll do when I notice it

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PAGE 10 – Building My Calm Toolkit

Everyone finds different coping strategies helpful.

Create your own toolkit to use whenever you need it.

♥ My Calm Toolkit

- ☐ Slow breathing
- ☐ 5-4-3-2-1 grounding
- ☐ Listening to calming music
- ☐ Talking to someone
- ☐ Going for a short walk
- ☐ Holding a comforting object
- ☐ Positive affirmations
- ☐ Drinking water
- ☐ Reading calming reminders
- ☐ Other

♥ The coping skill that helps me most

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PAGE 11 – My Recovery Journey

Recovery from panic attacks takes time, practice and patience.

Every time you face your fears and practise your coping skills, you are becoming stronger.

♥ This week I have learned...

♥ One thing I'm proud of

♥ My goal for next week

♥ Remember

Panic attacks may feel overwhelming, but they do not last forever.

You are stronger than your fear.

Trust your breathing.

Trust your coping skills.

Trust yourself.

You can get through this. ♥

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PAGE 12 – Understanding the Panic Cycle

Panic attacks can sometimes become a repeating cycle.

A physical sensation can lead to frightening thoughts, which increase fear and make the physical symptoms feel even stronger.

Understanding this cycle can help you break it.

♥ My Panic Cycle

What did I notice first?

↓

What did I think?



How did my body react?



What did I do next?

♥ One thing I could try differently

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PAGE 13 – Reassuring Yourself

When panic begins, it helps to have calming reminders ready.

♥ Helpful reminders

☐ This is a panic attack.

☐ I am safe.

☐ This feeling will pass.

☐ I have survived this before.

☐ My body is trying to protect me.

☐ I can slow my breathing.

☐ I don't have to fight this feeling.

☐ I can ride this wave.

♥ My favourite calming statement

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PAGE 14 – My Panic Diary

Keeping a record can help you identify patterns and notice progress.

Date

Where was I?

What happened before the panic attack?

How intense was it?

★ 1 ★ 2 ★ 3 ★ 4 ★ 5 ★ 6 ★ 7 ★ 8 ★ 9 ★ 10

What coping skills did I use?

What helped the most?

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PAGE 15 – Weekly Reflection

Take a few minutes to reflect on your progress.

♥ This week I managed by...

♥ Something that helped me most

♥ One thing I've learned

♥ My goal for next week

♥ Remember

Recovery from panic attacks isn't about never feeling anxious again.

It's about learning that you can cope, even when anxiety appears.

Every time you practise your coping skills, you're building confidence.

One breath... one step... one day at a time. ♥

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PAGE 16 – Facing Your Fears Gently

It's common to avoid places or situations after a panic attack.

While avoidance may bring short-term relief, it can make fear stronger over time.

Taking small, manageable steps can help rebuild your confidence.

♥ I have been avoiding...

☐ Driving

☐ Shopping

☐ Public transport

☐ Busy places

☐ Social events

☐ Being alone

☐ Exercise

☐ Other

♥ One small step I'll take this week

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PAGE 17 – Looking After Your Body

Looking after your physical wellbeing can help reduce stress and support your recovery.

♥ Today I will...

☐ Drink enough water.

☐ Eat regular meals.

☐ Get some fresh air.

☐ Move my body gently.

☐ Limit caffeine.

☐ Get enough sleep.

☐ Practice relaxation.

- ☐ Be kind to myself.
- ☐ Take regular breaks.
- ☐ Celebrate small wins.

♥ One healthy habit I'll improve

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PAGE 18 – My Confidence Tracker

Each time you cope with a panic attack, you're building confidence.

♥ Today I...

- ☐ Stayed with the feeling.
- ☐ Used my breathing exercises.
- ☐ Used grounding.
- ☐ Asked for support.
- ☐ Reminded myself I was safe.
- ☐ Continued with my day.
- ☐ Didn't give up.
- ☐ Showed myself kindness.

♥ What am I most proud of today?

♥ My confidence today

★ 1 ★ 2 ★ 3 ★ 4 ★ 5 ★ 6 ★ 7 ★ 8 ★ 9 ★ 10

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PAGE 19 – Looking Forward

Recovery isn't about never feeling anxious.

It's about trusting yourself to cope when anxiety appears.

♥ Looking ahead...

One thing I hope to do soon

One fear I'd like to overcome

One promise I'll make to myself

♥ Remember

Panic attacks are temporary.

Your strength is permanent.

Keep practising your breathing.

Keep believing in yourself.

Keep taking one small step at a time.

Every step forward is a victory. ♥

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PAGE 20 – Understanding Avoidance

After experiencing panic attacks, it's common to avoid places or situations where you've felt anxious before.

Although avoidance may feel safer in the short term, it can make fear grow over time.

Recovery comes from taking small, manageable steps at your own pace.

♥ Places or situations I avoid

☐ Supermarkets

☐ Driving

- ☐ Public transport
- ☐ Queues
- ☐ Busy places
- ☐ Being home alone
- ☐ Social events
- ☐ Exercise
- ☐ Other

♥ One place I'd like to feel comfortable visiting again

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PAGE 21 – My Calm Breathing Practice

Slow breathing helps calm your body's natural stress response.

♥ Practice for 5 minutes

🌿 Breathe in slowly for 4 seconds

🌿 Breathe out slowly for 6 seconds

Repeat until your breathing feels calm and steady.

♥ Before breathing, my anxiety level was

★ 1 ★ 2 ★ 3 ★ 4 ★ 5 ★ 6 ★ 7 ★ 8 ★ 9 ★ 10

♥ After breathing, my anxiety level was

★ 1 ★ 2 ★ 3 ★ 4 ★ 5 ★ 6 ★ 7 ★ 8 ★ 9 ★ 10

♥ What did I notice?

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PAGE 22 – My Support Network

You don't have to manage panic attacks alone.

Knowing who you can turn to can help you feel more confident.

♥ People I can contact

Family

Friend

GP or Healthcare Professional

Support Group

Other

♥ If I'm struggling, I will...

- ☐ Tell someone how I feel.
- ☐ Use my coping skills.
- ☐ Read this workbook.
- ☐ Go for a gentle walk.
- ☐ Practice grounding.
- ☐ Remind myself this feeling will pass.

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PAGE 23 – My Recovery Reflection

Take a moment to recognise your progress.

♥ Since starting this workbook...

I have learned...

I have become more confident because...

One thing I will continue practising...

♥ Remember

Recovery is about progress, not perfection.

Every panic attack you work through teaches your mind and body that you can cope.

You are stronger than panic.

You are capable.

And you are never alone.

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PAGE 24 – My Personal Calm Plan

Having a plan ready can help you feel more in control if a panic attack begins.

♥ When I notice panic starting, I will...

- ☐ Slow my breathing.
- ☐ Remind myself I am safe.
- ☐ Use the 5-4-3-2-1 grounding exercise.
- ☐ Sip some water.
- ☐ Sit somewhere comfortable.
- ☐ Stay where I am if it feels safe.
- ☐ Call someone I trust if I need support.
- ☐ Remember that this feeling will pass.

♥ My calming phrase

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PAGE 25 – Looking After My Wellbeing

Taking care of your body and mind can reduce your overall stress levels and help support recovery.

♥ This week I will...

- ☐ Drink enough water.
- ☐ Eat regular meals.
- ☐ Get enough sleep.
- ☐ Spend time outdoors.

- ☐ Move my body gently.
- ☐ Limit caffeine.
- ☐ Practice relaxation.
- ☐ Spend time with supportive people.
- ☐ Be kind to myself.
- ☐ Celebrate my progress.

♥ One healthy habit I'll continue

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PAGE 26 – My Success Journal

Every time you cope with panic, you are making progress.

♥ This week I...

- ☐ Used my breathing exercises.
- ☐ Used grounding techniques.
- ☐ Stayed calm for longer.
- ☐ Asked for help.
- ☐ Faced a difficult situation.
- ☐ Challenged a fearful thought.

☐ Continued with my day.

☐ Celebrated a small success.

♥ My biggest achievement this week

♥ What did I learn?

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PAGE 27 – Looking Ahead

Recovery is possible.

Every small step you take is proof that you are stronger than your fear.

♥ My hopes for the future

♥ One thing I'll keep practising

♥ My promise to myself

♥ Remember

Panic attacks may be frightening, but they do not define you.

You are learning.

You are growing.

You are becoming more confident every day.

Keep believing in yourself.

Keep taking one breath, one step and one day at a time.

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PAGE 28 – Understanding Setbacks

Recovery isn't a straight line.

Some days you may feel calm and confident.

Other days panic may return.

This doesn't mean you're back at the beginning.

Every setback is another opportunity to practise the skills you've learned.

♥ If I have a difficult day, I will...

- ☐ Remind myself this is temporary.
- ☐ Use my breathing exercises.
- ☐ Practice grounding.
- ☐ Be patient with myself.
- ☐ Avoid judging myself.
- ☐ Reach out for support if I need it.
- ☐ Keep going.

♥ One thing I'll remind myself today

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PAGE 29 – My Personal Strengths

Panic attacks can make us forget how strong we really are.

Take a moment to recognise your strengths.

♥ I am...

- ☐ Brave

- ☐ Kind
- ☐ Caring
- ☐ Determined
- ☐ Patient
- ☐ Honest
- ☐ Compassionate
- ☐ Resilient
- ☐ Strong
- ☐ Hopeful
- ☐ Other

♥ Three strengths I'm proud of

1.

2.

3.

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PAGE 30 – My Confidence Builder

Every time you face panic instead of running from it, your confidence grows.

♥ This week I will...

- ☐ Visit a place I've been avoiding.
- ☐ Practice my breathing every day.
- ☐ Challenge one fearful thought.
- ☐ Spend time with supportive people.
- ☐ Celebrate every success.
- ☐ Look after my wellbeing.
- ☐ Believe in my progress.
- ☐ Be kind to myself.

♥ My confidence goal

♥ My biggest success this week

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PAGE 31 – My Recovery Journey

Take a moment to reflect on how far you've come.

♥ Since starting this workbook...

I have learned...

I am proud because...

I will continue to...

♥ Remember

Recovery doesn't mean never feeling panic again.

It means knowing you have the skills and strength to get through it.

Keep trusting yourself.

Keep taking one small step at a time.

Every step forward is a victory. ♥

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PAGE 32 – Preparing for Difficult Moments

Having a plan ready can help you feel more confident if panic returns.

Remember, you've coped before and you can cope again.

 My Panic Plan

- ☐ Stop and breathe slowly.
- ☐ Remind myself this is panic, not danger.
- ☐ Use my grounding exercise.
- ☐ Stay where I am if it feels safe.
- ☐ Drink some water.
- ☐ Speak kindly to myself.
- ☐ Contact someone if I need support.
- ☐ Remember this feeling will pass.

 My calming reminder

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PAGE 33 – Looking After My Wellbeing

Looking after yourself every day can reduce your overall stress and anxiety.

♥ This week I will...

- ☐ Drink enough water.
- ☐ Eat balanced meals.
- ☐ Get enough sleep.
- ☐ Go for a walk.
- ☐ Spend time outdoors.
- ☐ Limit caffeine.
- ☐ Practice slow breathing.
- ☐ Take regular breaks.
- ☐ Spend time with supportive people.
- ☐ Celebrate my progress.

♥ One healthy habit I'll continue

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PAGE 34 – My Personal Calm Toolkit

Everyone has different coping strategies.

Create a toolkit you can return to whenever you need it.

My Calm Toolkit

- ☐ Slow breathing
- ☐ 5-4-3-2-1 grounding
- ☐ Listening to calming music
- ☐ Positive affirmations
- ☐ Talking to someone
- ☐ Going for a walk
- ☐ Holding a comforting object
- ☐ Drinking water
- ☐ Journaling
- ☐ Reading calming reminders
- ☐ Other

My three most helpful coping skills

1.

2.

3.

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PAGE 35 – My Recovery Journey

Take a moment to recognise everything you've achieved.

Recovery is made up of many small victories.

♥ Looking back...

The biggest thing I've learned is...

The coping skill that helps me most is...

One thing I'm proud of is...

♥ Remember

Panic attacks do not control your future.

Every time you face your fear with courage, you become stronger.

Keep believing in yourself.

Keep practising your coping skills.

And remember...

You are safe. You are capable. You can get through this. 

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PAGE 36 – Building Confidence for the Future

Recovery doesn't mean you'll never feel anxious again.

Recovery means trusting yourself to cope, even if anxiety returns.

Every challenge you face builds your confidence.

 Looking ahead, I want to...

 One fear I want to overcome

 One strength I'll rely on

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PAGE 37 – My Personal Recovery Promise

Recovery is built one day at a time.

 I promise to...

- ☐ Practice my breathing exercises.
- ☐ Challenge unhelpful thoughts.
- ☐ Stay connected with supportive people.
- ☐ Be patient with myself.
- ☐ Celebrate small victories.
- ☐ Continue learning about panic.
- ☐ Remember how far I've come.
- ☐ Ask for help when I need it.

 My personal promise

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PAGE 38 – My Wellbeing Plan

Looking after your overall wellbeing can help reduce stress and support your recovery.

 I will continue to...

- ☐ Get enough sleep.
- ☐ Drink plenty of water.
- ☐ Eat regular meals.
- ☐ Spend time outdoors.
- ☐ Exercise gently.
- ☐ Practice relaxation.
- ☐ Stay connected with others.
- ☐ Take breaks when I need them.
- ☐ Be kind to myself.
- ☐ Keep using my coping skills.

 Three things that help me feel calm

1.

2.

3.

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PAGE 39 – Congratulations

♥ You Have Completed the Panic Attack Recovery Workbook

Congratulations on completing this workbook.

Every page you've completed is a step towards understanding panic attacks, building confidence and developing practical coping skills.

Remember:

♥ Panic attacks are temporary.

♥ You are stronger than your fears.

♥ Recovery is possible.

♥ Small steps lead to lasting progress.

♥ You never have to face this journey alone.

♥ My Commitment

From today I promise to...

Name

Date

Signature (Optional)

♥ Final Reminder

This workbook is designed as a self-help resource and is not a substitute for professional medical advice or treatment. If panic attacks are becoming more frequent, severe, or are significantly affecting your daily life, please speak with your GP or another qualified healthcare professional.

Thank you for choosing Safe Haven Connect CIC.

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