

Reclaim your calm

How to tame a panic attack

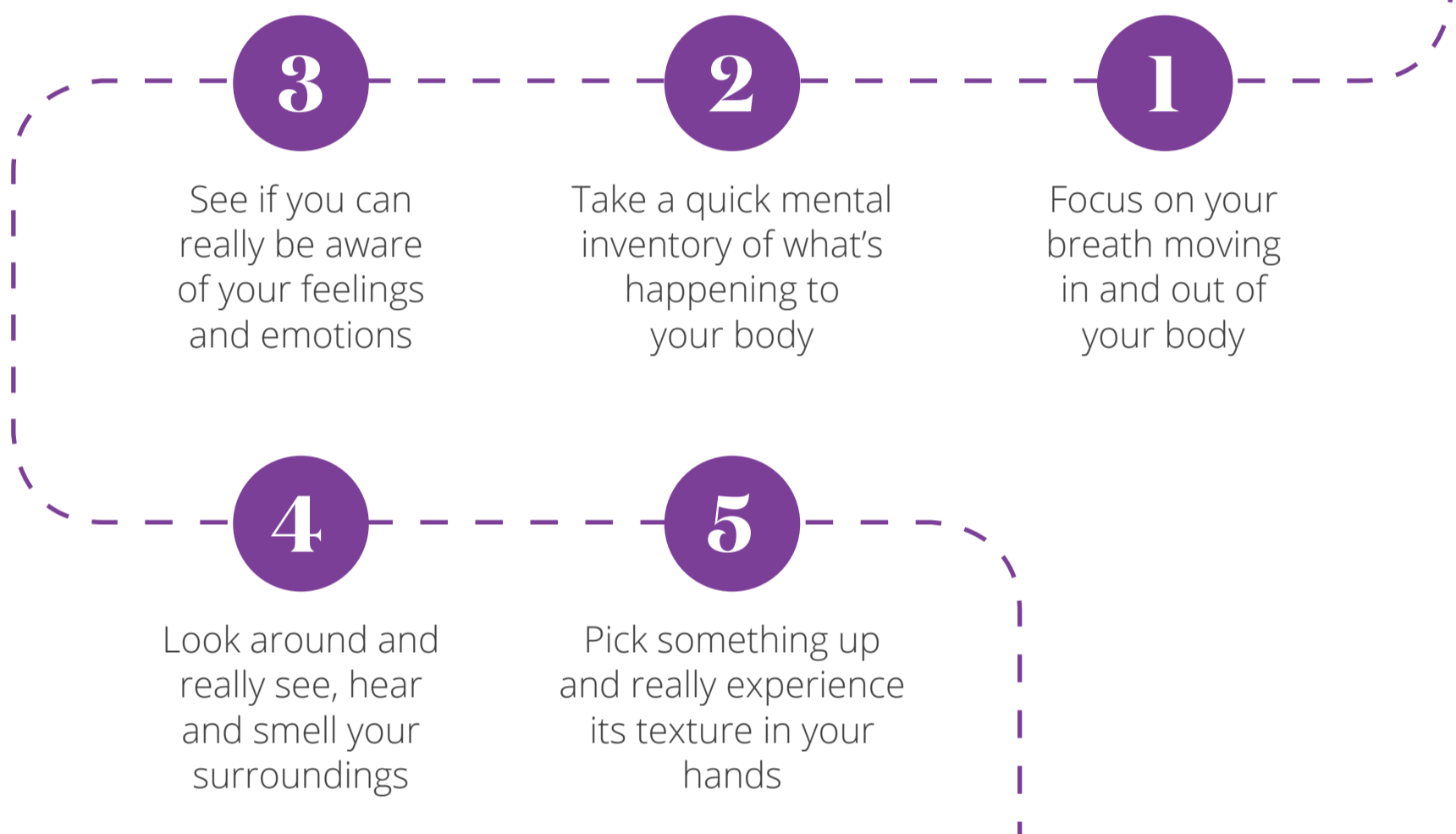


#LetsTalk

Panic attacks are frightening. They often happen without warning. There's sweating, your heart races and your pulse gets rapid. You may even feel shortness of breath and think you're having a heart attack, which increases your panic. Of course, you should never ignore heart attack symptoms or assume what you're experiencing is a panic attack.

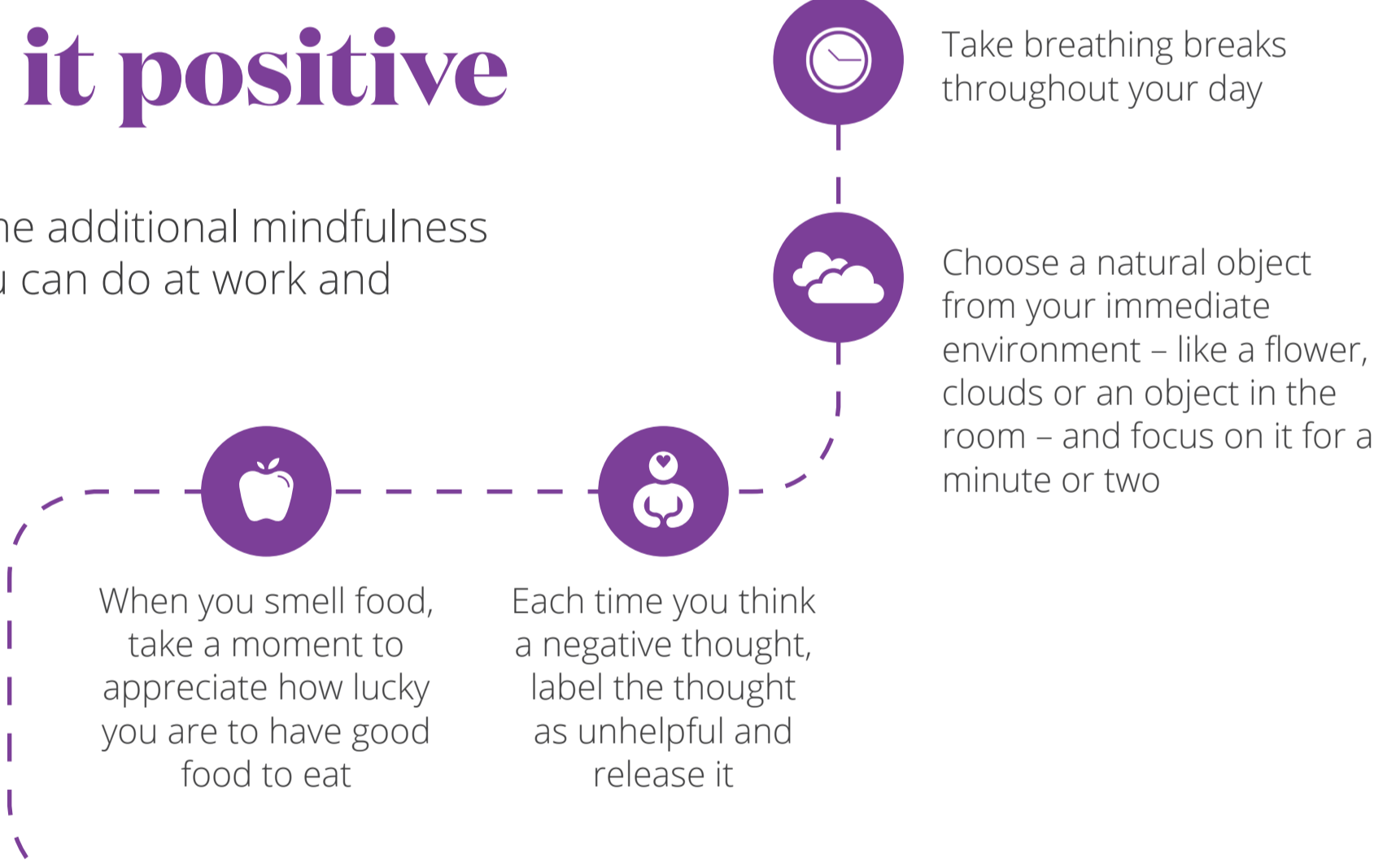
Just breathe

When you feel yourself starting to panic, try responding with these calming techniques. They're commonly referred to as mindfulness exercises and you can do them in about five minutes. They should help you feel calmer almost immediately, allowing you to tackle the challenges of your day.



Keep it positive

Here are some additional mindfulness exercises you can do at work and at home:



Get support

Whether you're an individual looking to reduce stress with self-care resources, or an organisation taking steps to lower employee burnout by helping your workforce develop resilience, there are programs and resources to help put people on the path to better mental and physical health.

This information is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment.

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For more information check out [Mental health support resources](#) and [Aetna International's stress-reduction services](#)

#LetsTalk

#MentalHealth

#MentalHealthAwareness

#EndTheStigma

Sources:
Aetna International Clinicians

