



Managing Panic Attacks

Using Progressive Muscle Relaxation (PMR)

PMR involves tensing and then relaxing muscle groups. It will help you to feel the difference of tension and calmness in your body.

Feet, pull your toes back, tense the muscles in your feet.
Relax and repeat

Legs, straighten your legs, point your toes towards your face
Relax, let your legs go limp and repeat.

Abdomen, tense your tummy muscles (pull them in & up as if preparing to receive a punch).
Relax and repeat

Back, arch your back.
Relax and repeat

Neck & Shoulders, shrug your shoulders as hard as you can, bring them up and in. Press your head back.
Relax and repeat

Arms, stretch out your arms and hands.
Let your arms hang limp and repeat

Face, tense your forehead and jaw. Lower your eyebrows and bite hard.
Relax and repeat

Whole Body, Tense your whole body, legs, feet, abdomen, back, shoulders, neck, arms & face. Hold the tension for a few seconds.
Relax and repeat

If you still feel tense when you reach the end of one cycle, do it again. Or if certain areas feel tense, repeat those areas. When you feel relaxed, spend a few minutes relaxing your mind. Think about something restful & breathe slowly through your nose. Finish with a long, slow stretch.

Practice PMR twice a day until you feel ready to try the shortened version.

Shortened PMR

Only once you've mastered PMR, you can try shortened PMR which involves missing out the tense stage of the exercise.