

Understanding Panic Attacks

Frightening, never dangerous. Always ends.

"Sufficient for us is Allah, the best disposer of affairs." Al-Imran (3:173)

1 WHAT PANIC IS

Sudden surge of intense fear,
peaking in minutes.
Frightening but not dangerous.
Always ends. Always.

2 TRIGGER

Sometimes clear:

- Crowded space
- Difficult memory
- Stressful conversation
- Sometimes none at all

3 FIRST SENSATION

A small body change:

- Heart beats faster
- Slight chest tightness
- Breathing changes
- Feeling of unreality

4 INTERPRETATION

Where panic forms.
The mind says:
**"I'm having a heart attack.
I'm going to faint.
I can't breathe."**
Interrupt here.

5 NAME IT

Say to yourself:
**"This is a panic attack.
It is frightening
but not dangerous.
It will pass."**

6 SLOW EXHALE

Breathe slowly:

- In for 4 counts
- Out for 6 to 8 counts
- Slow, not deep
- Calming system on

7 GROUND AND STAY

Anchor yourself:

- 5 things you see
- 4 things you hear
- 3 things you touch
- Do not flee the place

HASBI

Hasbun-Allah

*Allah is sufficient.
The body cannot hold
panic forever.*