

# What to Do After a Panic Attack

Gentle aftercare for the tender minutes after panic starts to pass.

## Aftercare

- Sip water.
- Eat something small if you can.
- Change into softer clothes or adjust lighting.
- Do not shame your body for reacting.
- Write down one thing that helped, so future-you has a clue.

## Tiny prayer

God, be gentle with my tired body. Amen.

This resource offers encouragement and practical support. It is not therapy, diagnosis, medical advice, treatment, or crisis care.