

# What to Do During a Panic Attack

A body-first, shame-free panic support sheet with a gentle Christian frame.

## Name it

- This is panic. It feels awful, but it is not spiritual failure.
- My body is sounding an alarm. I can take one next step.

## Ground

- Name five things you see.
- Feel both feet on the floor.
- Touch something cool or solid.
- Breathe gently without forcing a perfect technique.

## Tiny prayer

Jesus, stay near while my body catches up. Amen.

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