

Identifying safety behaviours and ways you avoid situations



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Many people who have experienced a panic attack start to dread having another one. It's only natural to want to do something to stop this from happening again.

Things you might do to keep yourself safe from something that causes you fear or from the possibility of having another panic attack are called **safety behaviours**.

You can use this list to try and identify any things you do to try and cope with a feared situation that's designed to stop something happening to you.

Listen to music

Sit on the end of a row

Carry a bottle of water

Lean against something or someone

Sit near the exit door

Take someone with you

Hold onto your mobile or other object

Adjust your clothing to be cooler

Try to control your thoughts

Drink alcohol

Stay near an exit

Move away to a quiet place

Carry medication or stress remedy with you

Go to a place at a time when it is less busy

Carry mints or sweets

Always have a means of escape

Try to control your breathing

Cool yourself down like sitting near a fan or opening the window

Find something to distract yourself

Carry a paper bag in case you hyperventilate or feel sick

Add any other ideas you have in this box:

Use the list below to identify any things you do to **avoid situations** completely.

Don't go to places where you have had an attack before

Have an excuse ready to avoid or leave situations

Say 'no' to invites or opportunities

Don't travel on the bus or train

Avoid driving on busy roads

Refuse to fly or travel abroad

Don't go anywhere that isn't near a hospital

Don't go to busy places where there are lots of people (like the supermarket, shopping centre or restaurant)

Refuse to sit in the middle of a row

Avoid work meetings or appointments where you might be expected to talk

Avoid going to places if you will have to go on your own

Don't eat in front of people

Don't exercise

Add any other ideas you have in this box: