

# BBH PANIC RECOVERY BACKUP PLAN

Prepare one calm, safe plan before the next difficult moment

## START BEFORE PANIC MAKES THINKING DIFFICULT

You do not need a perfect plan. Write only the signs, grounding actions, contacts, and urgent-care instructions that help you choose one safe next step.



### 1. WHAT I NOTICE

- Body signs I notice first
- Thoughts that repeat
- Situations that trigger me
- Early warning signals

My note: \_\_\_\_\_



### 2. WHAT GROUNDS ME

- Comfortable breathing
- Walking or changing rooms
- Prayer, mantra, or reflection
- Touching a stable surface
- Naming what I can see

My note: \_\_\_\_\_



### 3. WHO I CONTACT

- Trusted person
- Doctor or therapist
- Crisis support
- Emergency number

My note: \_\_\_\_\_



### 4. WHEN I SEEK URGENT HELP

- Severe or new symptoms
- Immediate danger
- Unable to stay safe
- Need urgent medical care

My note: \_\_\_\_\_

# MAKE THE PLAN PERSONAL

Write the specific details that will help you act when panic rises

## MY EARLY WARNING PATTERN

The first body sign I usually notice: \_\_\_\_\_  
\_\_\_\_\_

The thought or situation that usually increases panic: \_\_\_\_\_  
\_\_\_\_\_

## MY FIRST THREE GROUNDING ACTIONS

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## MY SAVED AI SUPPORT INSTRUCTION

Copy this into an AI chatbot only when AI is an appropriate support tool:

*"I feel panicked. Use short sentences, give me one grounding step at a time, do not diagnose me, and remind me to seek urgent help for new, severe, or unsafe symptoms."*

## MY SUPPORT CONTACTS

Trusted person: \_\_\_\_\_  
Doctor / therapist: \_\_\_\_\_  
Crisis support: \_\_\_\_\_  
Local emergency number: \_\_\_\_\_

# CHECK-IN, RECOVERY, AND SAFETY

Notice what changed and decide whether more support is needed

**PAUSE. NOTICE. COMPARE.**

This is not a test. A small improvement matters, and no improvement may mean you need a different or higher level of support.

| CHECK-IN                            | BEFORE GROUNDING    | AFTER GROUNDING     |
|-------------------------------------|---------------------|---------------------|
| Panic intensity                     | ___ / 10            | ___ / 10            |
| Strongest body sensation            |                     |                     |
| Main fear thought                   |                     |                     |
| Grounding action used               |                     |                     |
| Can I think more clearly?           | Yes / No / A little | Yes / No / A little |
| Do I need human or medical support? | Yes / No / Unsure   | Yes / No / Unsure   |

**MY PLAN FOR THE NEXT 10 MINUTES**

- Sit or stand somewhere physically safe
- Stay with one sensory detail
- Contact a trusted person
- Seek care now if symptoms feel unsafe

**IMPORTANT SAFETY NOTE**

Seek urgent medical care for new or severe chest pain, fainting, significant breathing difficulty, confusion, sudden weakness, or symptoms different from your usual experience. Contact emergency or crisis support if you may harm yourself or cannot remain safe.

**A HUMAN REMINDER**

*“You do not have to solve your whole life during panic. Protect the next moment with one grounding action and one safe decision.”*

# CONTINUE WITH THE FULL BBH BOOK

Safe AI prompts, worksheets, and trackers for emotional calm

## IF THIS WORKSHEET HELPED EVEN A LITTLE

The full BBH book expands this support into a structured daily system with 101 safe prompts, worksheets, and trackers for anxious moments.

## BOOK RECOMMENDATION

# Calm Your Anxious Mind With AI

101 Safe Prompts, Worksheets & Trackers for Daily Life Anxiety, Panic, Work Stress, Relationships, Sleep Worry and Emotional Calm

**Series:** BBH Clarity AI Prompt Guides for Mental Wellness - Volume 1

**Author:** Shubhangi Halande

**Publisher/Brand:** Bio & Brain Health Info

## WHAT THE FULL BOOK GIVES YOU

- Safe AI prompts for daily anxiety and panic support
- Worksheets to track triggers, body signals, and fear thoughts
- Practical tools for work stress, sleep worry, and relationships
- A structured way to use AI without overwhelm

## BEST FOR READERS WHO WANT TO

- Build calm daily habits, not only crisis support
- Understand anxious patterns with more clarity
- Use prompts, trackers, and reflection tools together
- Keep one trusted anxiety support system in one place

## READY TO GO BEYOND ONE WORKSHEET?

The full book offers a deeper, reusable system for anxiety and panic across daily life.

**PURCHASE LINK / AMAZON BUTTON - ADD HERE WHEN READY**

*"You do not have to solve your whole life during panic - but you can build a calmer life one safe step at a time."*