PANIC GROUNDING

A gentle printable to use now or reflect on later

SAFETY FIRST

Seek emergency medical help for new or severe chest pain, significant breathing trouble, fainting, confusion, sudden weakness, or other urgent symptoms. Grounding cannot rule out an emergency.

IF YOU ARE ABLE TO TRY A SMALL STEP

Support: Feel the chair or floor. Notice: Name one ordinary object. Breath: Exhale gently, without forcing. Connect: Reach someone trusted when needed.

01 BODY SENSATIONS

Check what you noticed. You may leave anything blank.

- [ ] Shaking / trembling
- [ ] Loud or fast heartbeat
- [ ] Breath feels different
- [ ] Dizziness / weakness

Other sensation: _____

02 MY FEAR THOUGHT

My mind is afraid that...

_____

03 GROUNDING I TRIED

Choose what feels manageable, or skip a step.

- [ ] Name one object
- [ ] Feel a stable surface
- [ ] Listen to a sound
- [ ] Try five senses

04 | GENTLE BREATHING

I tried: an unforced exhale / normal breathing / resting quietly / skipped this exercise. There is no perfect rhythm to achieve.

AFTER THE WAVE

Reflection, next steps, and preparing support

Use this page when you feel ready. You do not need to write during intense panic. One honest sentence is enough, and you may leave any section blank.

05 ONE SAFE NEXT ACTION

What did I do, or what will I do next?

06 WHAT HELPED EVEN A LITTLE?

A sound, a surface, a person, a small action, or something else:

07 PREPARE FOR NEXT TIME

One thing I would prepare or change:

A trusted person or care-plan contact:

08 HEALTH & FOLLOW-UP

If episodes repeat, change, or disrupt daily life, discuss them with a clinician. If you have a condition or medication affecting blood sugar, heart rhythm, or breathing, follow your clinician's plan.

AI boundary: AI cannot diagnose panic, confirm medical safety, monitor you, or replace clinical or emergency support. Avoid sharing sensitive personal information unnecessarily.