

THE CALMING HAND

The calming hand is a tool used for teaching control of panic attacks. It also works well with episodes of breathlessness.

This simple technique guides you through the key points to remember when experiencing an episode of panic or breathlessness.

STEP 1. ACCEPTANCE

Recognise the signs of panic and that they are not sinister. Hold your thumb firmly whilst reminding yourself of what to do next. This will help to calm your breathing.

STEP 2. SIGH OUT

This enables you to relax your shoulders and upper chest (remember to Flop and Drop) If possible, try to breathe out for longer than you breathe in.

STEP 3. INHALE

Take a slow and gentle relaxed breath – slowly in, followed by...

STEP 4. EXHALE

A gentle breath out. Relaxed breathing helps to relieve the sensation of breathlessness.

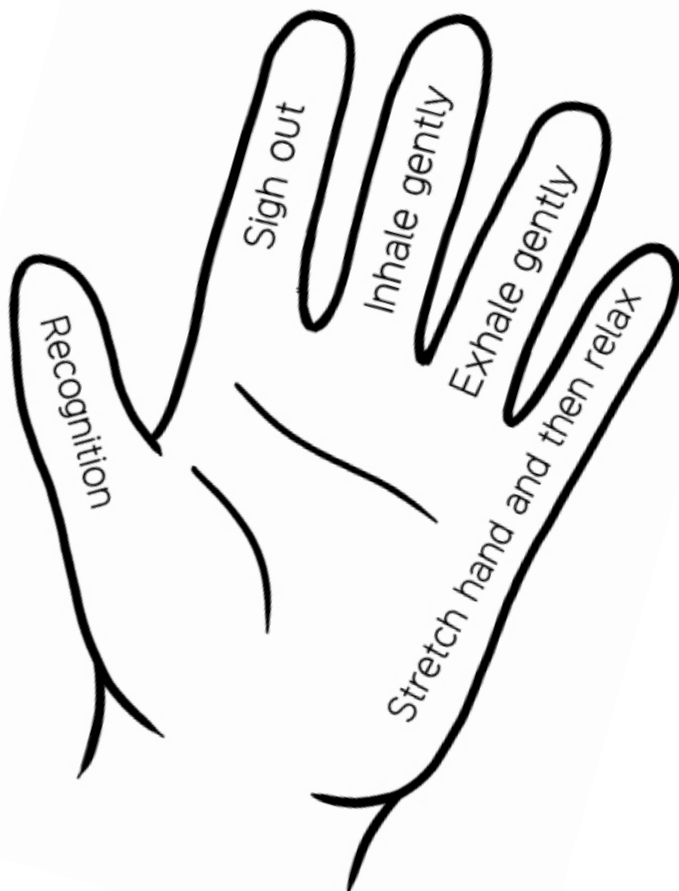
STEP 5. STRETCH HANDS, RELAX AND STOP

Hand stretching is helpful when having an acute episode of panic; it is also acceptable to do in a public place.

After completing the calming hand, your feelings of panic/ breathlessness may not go away instantly. You may need to follow steps 1-5 again. Sometimes, it may take longer for the panic to subside.

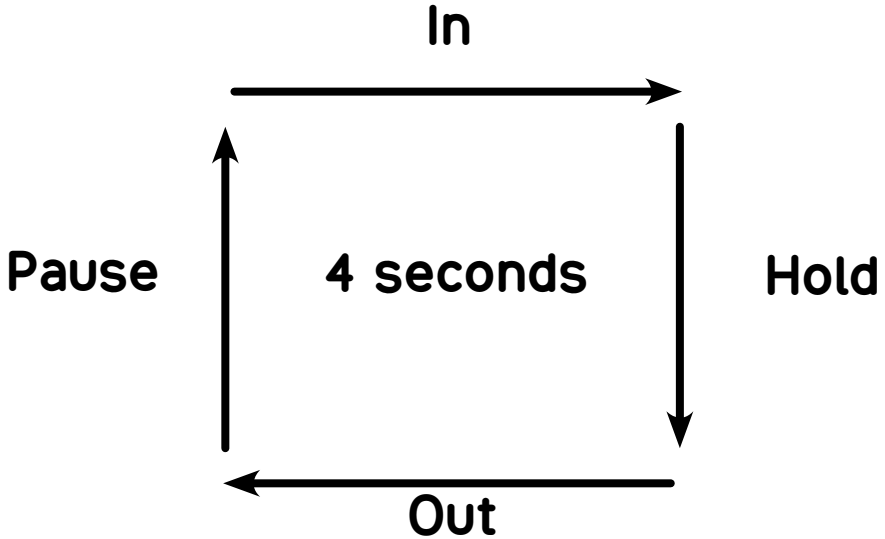
When the panic settles, it is advisable to practice breathing control/diaphragmatic breathing as shown by your healthcare professional.

Calming Hand



BOX BREATHING

Perform this for a few minutes to reduce stress and anxiety. This method is also useful for helping you get to sleep.



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Thank you



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