

Patient information

The Calming Hand

A method to control panic attacks and breathlessness

The Calming Hand is used to help control panic attacks and eases breathlessness. It is a helpful tool to use when experiencing breathlessness, as you always have your hand with you.

Each point is simple and enables you to control and calm your breathing.

What to do

1. Recognise

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

2. Sigh out

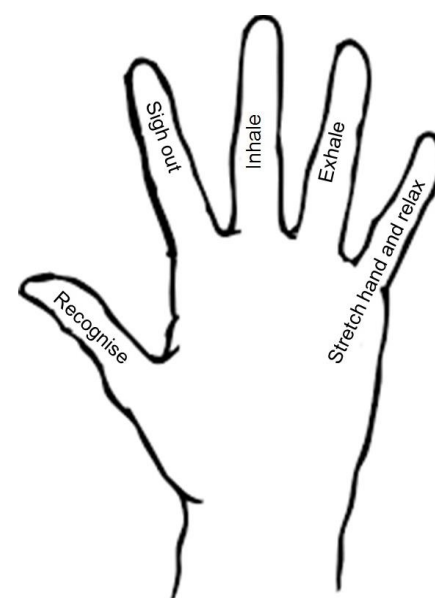
Relax your shoulders and breath out, stop and drop your shoulders.

3. Inhale

Take in a slow and gentle breath, through your nose, followed by ...

4. Exhale

... a gentle breath out. Try and exhale for longer than you inhale.



5. Stretch your hand, relax and stop

Hand stretching is helpful when having an acute episode of panic.

Sometimes you may need to complete steps 1 to 5 again, sometimes it may take a while to settle.

When you have completed the calming hand, try to practice some breathing control.

For further information please contact

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