

Space for notes you and your nurse might like to make:

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Hospiscare supports people with life-threatening illness and their relatives and carers. Its care is tailored to each individual's needs. We aim to meet their emotional, social and spiritual needs as well as their physical ones, enabling people to make the most of their lives within the limitations of their illness.

Hospiscare serves the area from Okehampton in the west through Tiverton and Exeter to Axminster and Seaton in the east.

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## Managing feelings of panic

**A strategy to help you control feelings of panic and loss of control**



**Information for patients, families and carers**

There are times when all of us feel sensations of panic. This strategy will help you control feelings of panic and loss of control.

## Introduction

Sensations of panic might include:

- Tingling sensations in hands
- Lightheadedness
- Fast or difficult breathing
- Palpitations
- Sweats
- Dry mouth
- Feeling out of control and frightened

The panic hand is a strategy you can use to remind you how to cope when you experience panic or feel out of control.

The 'panic hand' is adapted from Anon by M. Coultard, physiotherapist, Dorothy House, Bath

## Panic hand

There are five steps (or fingers) to understanding the panic hand.

### Step 1. Thumb

#### Recognition

Recognise your signs of panic EARLY and take the following steps to regain control.

### Step 2. Index finger

#### Sigh out

As you do, relax your shoulders and arms.

### Step 3. Middle finger

#### Breathe in slowly

### Step 4. Fourth finger

#### Breath out slowly

### Step 5. Little finger

#### Stretch and relax your hand.

Cut out and keep one of the diagrams in your wallet or purse for reference.

