

# 7 Battle-Tested Tips on How to Stop Your Panic Attack FAST

## 1. Control Your Breathing

Deep belly breathing calms anxiety fast and you can do it anywhere. Here is how to do it right: Breathe in slowly into your belly on the count of 3 or 4, hold for a second, then exhale slowly twice as long, to the count of 6 or 8. Do this 5 times. You will feel calmer immediately. This type of deep belly breathing calms your brain.

If you tend to breathe heavy, too deep and too fast and get dizzy and anxious that way, take a paper bag and breathe in it for a few minutes. This will calm down the breathing and help you regain control.

## 2. Take GABA

GABA (Gamma-Amino-Butyric Acid) is a natural neurotransmitter, i.e. a substance that your brain naturally uses to calm you down.

You can buy it as a supplement in a health food store or with the links below

To stop a panic attack fast, take 1000-1200 mg (2 cps of 500 or 600mg each), but instead of just swallowing them (which takes 30-60 min to work), take the capsules apart and add the powder under your tongue. This works within 15-30 seconds as the GABA reaches your brain directly with the bloodstream.

**Get both here:**

Canada: <https://ca.fullscript.com/protocols/docchristine-anxiety>

USA: <https://us.fullscript.com/protocols/docchristine-anxiety-and-calming-the-brain>



**Break FREE from Depression & Anxiety**  
**Live Your Best Life!**

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### **3. Take L-Theanine**

L-Theanine is another natural substance found, among others, in green tea. It comes in chewable form or capsules.

It works differently for different people but tends to calm you down and help you focus at the same time. It's not as potent in my experience as GABA in an acute anxiety attack, but it is worth trying as a secondary relief and to calm down anxiety that bothers you every day.

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### **4. Do Self-Havening**

Havening Techniques® are psycho-sensory techniques rooted in neuroscience. Havening means putting you in a safe haven, and it literally does that. In my experience as a Certified Havening Techniques® Practitioner, it works within a few minutes to calm anxiety and end panic attacks.

**To learn it, [click HERE to book a pay-what you can appointment with me](#)** - and also get my special Self-Havening Worksheet and Daily Brain-Care Schedule - or find a Certified Havening Techniques® Practitioner of your choice here: <https://havening.org>.

### **5. Do Some Intense Exercises**

Intense Exercise, like the Nitric Oxide Dump (like this one by Dr. Zach Busch: <https://youtu.be/PwJCJToQmps>) can remove the excess adrenaline from your system and also help you focus on something else.

If you don't remember the Nitric Oxide Dump, just a few intensely done deep squats can often be good enough to help.



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## **6. Just Say “NO!” or “STOP!”**

Coping words and statements can be very helpful for someone with a panic attack, especially early on when you start experiencing the first symptoms. If you are someone with an anxiety disorder that leads to frequent panic attacks, it can be helpful to come up with a coping word or phrase that you use as soon as you feel the wave of anxiety coming on. It is meant to get you back to reality and let you understand it is a panic attack your mind has created, not a stroke or a heart attack. Many people will shout the word NO or STOP, while others tell themselves it will be okay, that this is no real danger.

Many of these tips have one thing in common: They serve to distract yourself and help you to focus on something less anxiety-provoking.

In the long run, find something that will distract you from the worried thoughts and feelings, whether that is listening to music, watching a movie or television show, (and no, not the news channel! These tend to be even more anxiety provoking!) - or talking to someone friendly on the phone.

## **7. Count Backwards From 100**

When you are mid-panic attack, saying the coping phrase might not work at this point. Then it may help to focus on something like counting backwards from 100. (and if you tend to be good at math, distract 7's from 100 and so on...).

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For more, [contact me via my website](#) or <mailto:info@DocChristine.com>