



## The SHRINK-MD Panic Reset

A simple guide for moments of panic and intense anxiety

Panic attacks are sudden surges of fear and physical symptoms that feel dangerous but are not harmful.

Your nervous system is firing a false alarm.  
This reset helps your body stand down when panic hits.  
You don't need to do every step perfectly.  
Start where you can.

### S — Slow the breath first

- Inhale slowly through your nose
- Exhale longer than you inhale
- Let your shoulders drop
- Soften your jaw

Long exhales tell your nervous system you're safe.

### H — Hold your body steady

- Plant your feet on the floor
- Sit upright or stand tall
- Press your hands together gently

Stillness signals safety to the brain.

### R — Recognize what's happening

- This is a panic response
- My body is in alarm mode
- This will peak and pass

Panic feels dangerous but isn't harmful.

### I — Interrupt the fear surge

- Look around and name 3 objects
- Feel your feet pressing down
- Focus on slow breathing again

Shifting attention slows the panic loop.



### **N — Name the sensation**

- My heart is racing
- My chest feels tight
- I feel lightheaded

These are panic sensations, not danger signals.

### **K — Keep breathing through the wave**

- Let the sensations rise and fall
- Don't fight them
- Stay with the breath

Waves pass faster when you don't resist them.

### **M — Move gently if needed**

- Roll your shoulders
- Stretch your arms
- Take a slow walk

Movement releases excess adrenaline.

### **D — Decide one normal action**

- Sip water
- Sit back down
- Return to what you were doing

Life continuing teaches your brain the alarm is over.

With practice, most people notice:

- Panic peaks lower
- Episodes pass faster
- Less fear of bodily sensations
- More confidence handling attacks

Panic is a false alarm of the nervous system.

The goal isn't to stop sensations instantly, but to respond in a way that helps them settle.



### **If suicidal thoughts are present**

If you are in the United States, call or text **988** for the Suicide & Crisis Lifeline.  
If you are in immediate danger, call **911** or go to the nearest emergency room.  
You do not have to manage that alone.

### **If This Isn't Enough Today**

The Panic Reset is a coaching tool.  
It's not a substitute for medical or mental health care.

If panic attacks are frequent, worsening, causing avoidance, or making daily activities difficult, professional treatment can greatly reduce symptoms and speed recovery.

This handout is for general educational purposes only. It does not provide medical advice and does not establish a doctor-patient relationship. If you have concerns about your mental health or symptoms, please seek care from a qualified healthcare professional.

Panic is very treatable.  
Most people improve significantly with the right support.