



Panic Button Plan

Use this worksheet to create a clear plan for moments of panic. Keep it accessible and practice skills regularly.

1. Early Warning Signs

How does panic start for me? (physical sensations, thoughts, urges)

2. Immediate Grounding (First 2–3 Minutes)

Choose 1–2 skills to use immediately:

- 5-4-3-2-1 sensory grounding
- Slow breathing (inhale 4, exhale 6)
- Cold water or temperature change
- Name 5 objects in the room
- Feet on the floor + describe surroundings

3. Mindfulness Statement

Write a statement to repeat during panic (example: "This is uncomfortable but not dangerous.")

4. Coping After the Peak

What helps once intensity decreases?

5. Support Plan (if needed)

Who can I contact? What is my next safe step?
