

# Coping with Panic Attacks Meditation

## Objective

To reduce symptoms associated with panic attacks using the Coping with Panic Attacks Meditation relaxation technique.

## What to Know

This 11-minute audio will help you cope with the symptoms associated with panic attacks.

[Click here to listen to this audio.](#)

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever you have a panic attack.

Use the following chart to record your daily practice. Make several copies of this chart and keep a record of the time you spend practicing this technique until it becomes a habit. You want it to become routine – something you do without thinking, like brushing your teeth. It is also useful to note your general mood, both before and after, you use the technique.

Day	Time of Day	Minutes	Mood Before Relaxation	Mood After Relaxation
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				