

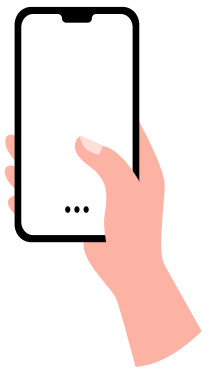
Resource Bank for

PANIC ATTACKS

Please access each resource by clicking links!

Apps

- [WellTrackBoost](#)
- [Tappy: Self Care Fidgeter](#)
- [Finch: Self Care Widget](#)
- [Mindshift CBT - Anxiety Relief](#)
- [Daily Bean: Similar to Finch](#)
- [Insight Timer](#)
- [Calm](#)
- [Exhale](#) - Designed for BIWOC
- [Headspace](#)
- [TheDareResponse](#)
- [Mindfulness Coach](#)
- [Breathe2Relax](#)
- [Liberate](#) - For BIPOC and/or 2LGBTQ+
- [Shine](#) - For BIPOC and/or 2LGBTQ+



Helpful Handouts

- [Grounding Techniques](#)
- [Distress Tolerance](#)
- [Progressive Muscle Relaxation](#)
- [Self-care inventory](#)
- [30 Days of Self-Care Plan](#)

Websites & Videos

- [How to stop a panic attack](#)
- [12 Ways to stop a panic attack](#)
- [How to stop a panic attack in its tracks](#)
- YouTube: [Tips to Stop Panic Attacks](#)
- YouTube: [Quick Access Anxiety Toolbox](#)



Books and Podcasts

- Real Time Rescue for a Panic Attack from The Anxiety Podcast
- The Panic Pod Podcast
- Ten Percent Happier Podcast
- The Happiness Lab Podcast
- Gifts of Imperfection by Brene Brown
- The Set Boundaries Workbook by Nedra Glover Tawwab
- Calmer You Podcast
- The Anxiety Guy Podcast
- Not Another Anxiety Show Podcast

Campus Resources

- Rich Mountain Meditation Room - Weekdays 7:30am-5pm
- Koru Mindfulness - Wellness and Prevention Services
- Let's Talk - Counseling and Psychological Services
- Group therapy - Counseling and Psychological Services

Social Media

Instagram

- @namicomunicate
- @meditation_and_mindfulness
- @anxiety_wellbeing
- @selfcareisforeveryone
- @Sunnybloominspiration



List Your Own

Interested in learning more? Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

1st Floor, Miles Annas Building | counseling.appstate.edu
(828)262-3180 | counseling@appstate.edu |
[@appstatecounselingcenter](https://www.instagram.com/appstatecounselingcenter)