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
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