

# STOP THE PANIC

## Tips to help you in the panic moment

Grab something  
**COLD**  
(like an ice pack)  
Hold it for 10  
seconds!



Have something  
sour or bitter in  
your bags,  
jacket and  
pencil cases

**5-senses technique:**  
5 things you can **see**,  
4 things you can **feel**,  
3 things you can **hear**,  
2 things you can **smell**,  
1 thing you can **taste**

