

# **TAPPING ANXIETY**

**(first aid for panic attack)**

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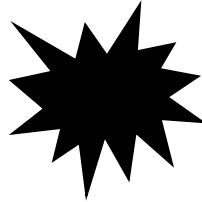
Super – Rad

Psycho-Social Support in Oncology

Guys & St Thomas' NHS Trust

**My heart is racing:  
it might burst**

**bright**



**I can't speak**

**This isn't really  
happening**

**My legs feel wooden**

**sharp**

**My head is in a fog**

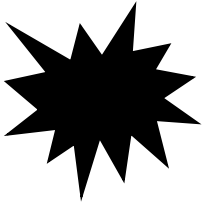
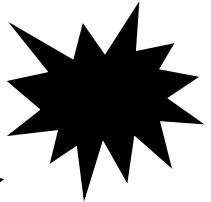
**I'm sweating/  
icy, clammy**

**Let me out  
I feel trapped**

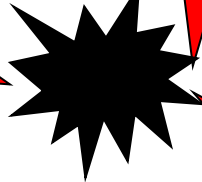
**loud**

**I can't get enough air  
I can't breathe**

**There is a rushing  
in my ears**



**I'm going to faint**

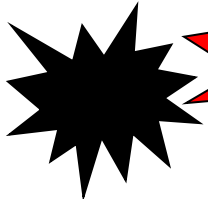


**I feel sick  
I may vomit**

**I need the loo:  
I'm going to wet/mess myself**

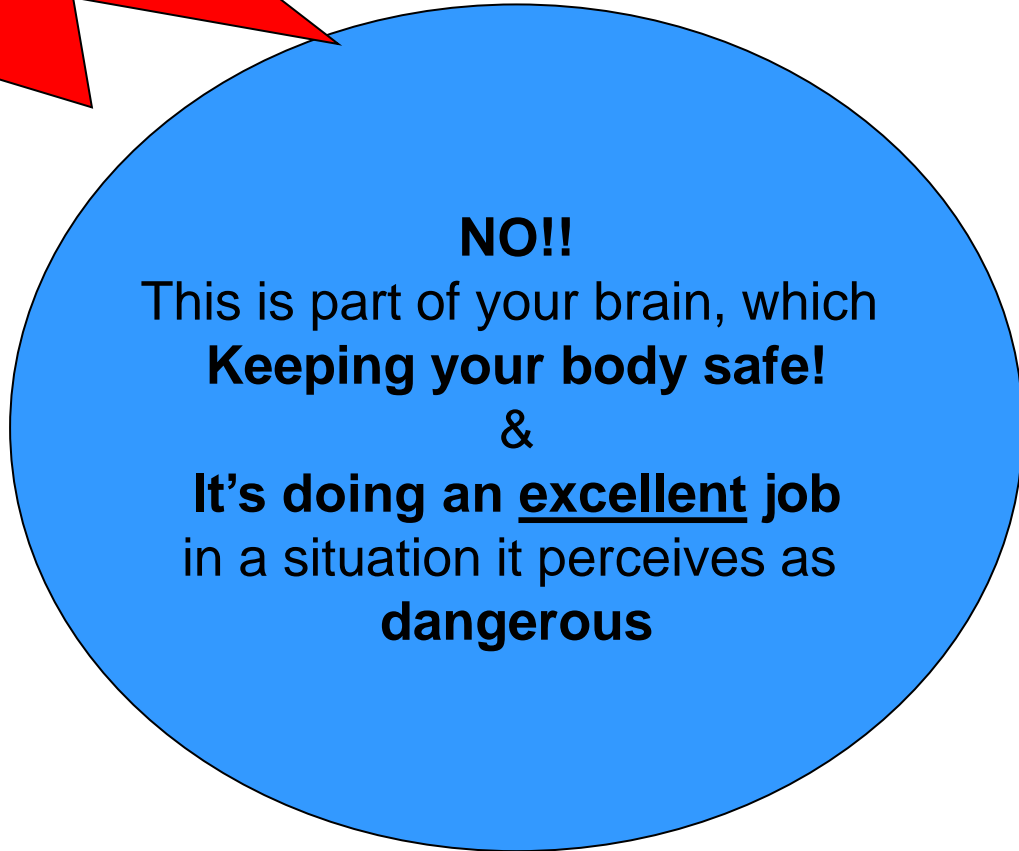
**I'm dying**

**smell**





**HELP!  
WHAT'S HAPPENING TO ME?  
I THINK I'M DYING**



**NO!!**  
This is part of your brain, which  
**Keeping your body safe!**  
&  
**It's doing an excellent job**  
in a situation it perceives as  
**dangerous**

# ACKNOWLEDGE

## Adrenaline / nor-Adrenaline response:

- Increased heart rate
- Increased respiratory rate
- Tightening in stomach causing nausea
- Raising blood sugar causing “liquid bowels”
- Rush of blood to legs for running, causing heavy legs, dizziness / faint / speechlessness / hot & cold

**IF YOU DON'T RUN AWAY,  
THEN YOU SHAKE, TREMBLE...**

(to use up the energy you've generated)

You have ratified what the person feels

“THE ADRENALINE RUSH IS  
**VERY EFFECTIVE:**  
**IT STOPS WHATEVER WAS FRIGHTENING YOU!**  
BECAUSE YOU EITHER  
RUN AWAY,  
STAND & FIGHT,  
OR  
FEIGN DEATH (FAINT)

**BUT**

It is not the most effective way to deal with many situations,  
and if used too often, then the washer on the tap wears out  
and there is a constant dripping.....**SO,**

**let us fix that washer, let us stop the dripping,  
let us turn off the tap!**

# Can you think of a garden tap?

- What colour is it ? Is it brass or chrome?
- Does it have a bar or a cross head (+)?
- Is there a thread for a hosepipe?
- What does the water hit when you turn on the tap? Concrete? Grass? Earth?
- And how many turns does it take to be full on?
- And when it gushes, does it splash, making a big mess all over your legs and feet?

# So how many turns would you have to make for.....

- **FIRE!** Fill this bucket quickly please.....  
(and then what would you do?)
- A jug of water for drinks all round...  
(and then what would you do?)
- A glass of water, just for some tablets...  
(and then what would you do?)
- To dampen just the corner of a cloth, to wipe a smudge of dirt...  
(and then what would you do?)

SO NOW YOU HAVE **GOOD CONTROL** OF YOUR TAP,  
YOU HAVE **A GOOD GRASP** OF THE SITUATION!

# So, now there is Adrenaline in your tap: how far would you turn it for....

- **FIRE! SMOKE!** Let's get out... quickly...  
(and once you are safe, what do you do?)
- Help me carry this heavy shopping...  
(Thanks, and then what do you do?)
- Ah, there's someone knocking at the door...  
Oh! A present for me! How lovely!  
(And then what do you do?)
- **Sitting back and relaxing**, while the **nurse does** your treatment / while the **driver delivers you** safely...  
(And then what do you do?)



# So, now you have fixed your tap!

- You now **have a good grip** on the situation
- You **control your tap**,
- You **control the situation!**
  
- You can thank your mind for taking excellent care of you in the past,  
BUT
- **You will always control your situation in the future! Well Done!**

THANK YOU