

Intervention Strategies for Anxiety

COMPLETE ALL THREE SECTIONS BELOW

Video Name: Millie

Psychoeducation

[What causes panic attacks, and how can you prevent them? - Cindy J. Aaronson - YouTube](#)

I chose this YouTube video because it's a detailed one that explains what causes panic attacks and how to prevent them. It has several illustrations that make the video easy to watch while being very informative and explains exactly what happens in your body when you are experiencing a panic attack.

Relaxation/Breathing/Mindfulness

The 5-4-3-2-1 Method

The 5-4-3-2-1 method is a grounding technique that uses all five of your senses. This is a mindfulness activity that helps people calm down, focus on the present and helps shift your attention back to your surroundings. This method is a very good tool for when someone is having a panic attack and I think Millie could benefit from trying it.

This technique is done by finding 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste. I chose this activity because it's simple, easy to remember, and can be done almost anywhere without needing any supplies.

[The 5-4-3-2-1 Method: A Grounding Exercise to Manage Anxiety](#)

Coping Strategies

I have chosen the 4-7-8 breathing technique as a coping strategy for Millie. This is a simple three step breathing exercise where she will inhale through her nose for 4 seconds, hold her breath for 7 seconds, and slowly exhale through her mouth for 8 seconds. The goal is to slow her breathing down and help her body relax.

I think this technique could help either prevent a panic attack from starting by helping Millie regain control of her breathing early on or help her calm down faster if she is already starting to have a panic attack. When people become anxious, their breathing often becomes quick and shallow, which can make their anxiety worse. This exercise encourages slower, deeper breathing and helps signal to the body that it is safe to relax.

To teach this strategy, I would first have Millie sit somewhere comfortable and explain the steps. I would model it with her a few times and encourage her to practice it when she is calm so it becomes easier to use during stressful situations. Over time, the goal would be for Millie to recognize the early signs of a panic attack and use the 4-7-8 breathing technique to prevent it from happening. Once she is confident in the technique, she could start with small steps that trigger her panic attacks like going to the mall by herself and hopefully the technique can help her stay calm and reduce her panic attacks.