



## Helping with Anxiety, Panic or Triggers during Rock Work

If a person shows the beginning of panic during a Rock Work process. Stop the process and follow these steps.

- 1. Ask for permission to touch. Place hands on upper arms, or hold her hands.**  
Don't ever touch a person who's having a panic attack without asking and obtaining definitive permission to do so.
- 2. Instruct the person to open their eyes and look at you. This is grounding the person in the present.**
- 3. Invite the person to breathe slowly with you. Inhale, hold, exhale...repeat as they begin to become more calm.** Encourage them to try to control breathing.
- 4. Reassure them.**  
Speak to them in a reassuring but firm manner.  
*"You're here now, and you are OK.  
This is a safe space.  
We're here with you and for you."*  
**Do not dismiss or write off their fears.**  
Don't say, "Calm down," or "There's nothing to panic about."
- 5. Offer her water (or a cool cloth).**  
Keep them cool.
- 6. Have another staff person stay with him/her if they leaves the room, or sit with him/her until they is ready to move on.**  
Don't leave them alone.  
Don't pressure the individual.  
Wait it out.

(Some of the content is taken from <https://www.wikihow.com/Help-Someone-Having-a-Panic-Attack> ...a helpful, brief article to read for further information)