

Anxiety / Panic Attacks



STUDENTS AT THE MILL

Watch Video:

<https://vimeo.com/1099750326/34bdb28983?ts=0&share=copy>

How to identify a panic attack

- Looks like a medical event
- Short of breath
- High heart rate
- Sweaty
- Nervous
- Slightly disoriented
- Say they feel lightheaded (I may pass out)

Ask lots of questions - Panic attack vs dehydration

- "Have you had any water today?"
- "Have you gone to the bathroom today?"
- "Did you sleep last night?"
- Give them water!

How Do I Respond As a Leader?

- Be Self-Aware
- Call the medical response team if you are uncomfortable
- Be calm
- Make Sure Your Students take meds if they have them

Keys to remember

- Pray for wisdom and discernment
- Remember kids may mimic others who are hurting
- Kids may be seeking attention