

## The calming hand

### Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

### What is the calming hand?

The calming hand is a simple method you can use to control feelings of panic.

### What are the feelings of panic?

Sensations of panic might include:

- Tingling sensation in your hands
- Light headedness
- Fast or difficult breathing
- Palpitations
- Sweating
- Dry mouth
- Feeling out of control or frightened

### How can the calming hand help?

There are five steps (or fingers) to understand the calming hand.

Step 1 – Thumb

**Recognition:** Recognise early signs of panic and take the following steps to gain control.

Step 2 – Index finger

**Sigh out:** As you do, relax your shoulders and arms.

Step 3 – Middle finger

**Breathe in slowly**

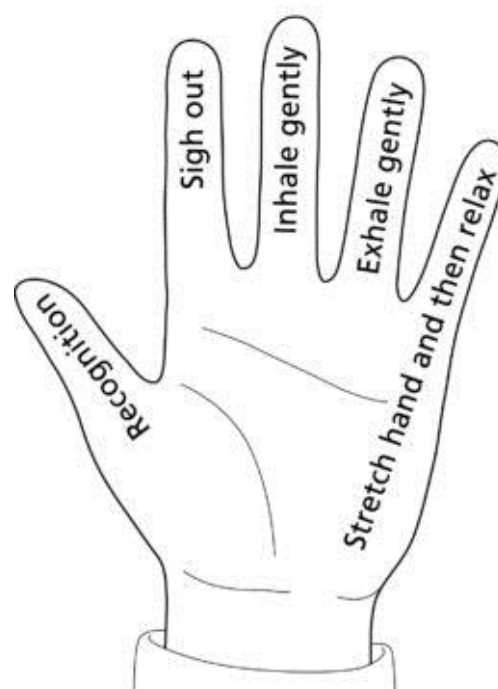
Step 4 – 4th finger

**Breathe out slowly**

Step 5 – Little finger

**Stretch and relax your hand**

### Calming hand



Sometimes just hand stretching is enough to help when you are starting to panic.

Repeat these steps until you feel calmer.

Use the diagram to remind you.

## References

Breathlessness management leaflet by the cardiac support services.

### **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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