

A simple exercise to prevent attacks

Many people have a warning that they are likely to go into one of their Non-Epileptic Attacks. This exercise can be used when you feel an attack is about to start, or when you get a warning. It is a good idea to practice this regularly when you are feeling ok, so that when you really need it you will remember exactly what to do. Unfortunately, this technique does not help people who do not know that they are going into an attack.

Say the following aloud:

Right now I am feeling..... (Insert the name of the current emotion, e.g. fear, angry, numb)

And I am sensing in my body.....(Name at least 3 bodily sensations you are feeling, e.g. sweaty hands, headache, tight chest, thumping heart)

Then really concentrate on rubbing something rough or textured with your hands. Use your sense of touch to really focus on the sensations in your fingers and thumbs as you rub. At the same time be aware of how the ground feels solid under your feet or the chair you are sitting on feels beneath you.

Look around you and describe to yourself in detail some of the things you can see from where you are now.

Listen to the sounds around you and describe to yourself any sounds you can hear.

Remind yourself where you are and what day it is.