

When Your Chest Goes Tight

Sort out what the tightness in your chest feels like and what you do next.

WHEN TO USE THIS

Use this after an episode where your chest was the loudest part.

Chest pain deserves a real answer. If a doctor has not checked this out, get that done first.

Describe the tightness. Where exactly, and what does it do over a few minutes?

What do you usually do when it starts?

- ☐ Sit very still
- ☐ Take deep breaths fast
- ☐ Press on my chest
- ☐ Look up what it means
- ☐ Call or text someone
- ☐ Head for the door
- ☐ Wait it out

Which of those helped, and which one made you watch it harder?

Your chest has been checked or it has not. Either way, you can stop checking it yourself.