PANIC ATTACKS

The main sensations in panic attacks are:

- Shortness of breath
- Dizziness, unsteadiness or feeling faint
- Increased heart rate, palpitations
- Chest pains or discomfort
- Choking
- Feeling nauseas
- Sweating
- Trembling, shaking
- Hot flushes
- Numbness
- Fear of dying

A panic attack can start quite suddenly and become quite severe within a 10 minute period

A PANIC ATTACK IS –
THE BODY’S NORMAL FEAR REACTION SWITCHED ON BY ACCIDENT

THE PROBLEM WITH PANIC IS –
IT PRODUCES PANIC – THE FEAR OF PANIC KEEPS THE PANIC ALIVE

MYTHS ABOUT PANIC –
IT IS NEVER GOING TO END
IT WILL RESULT IN DEATH

FACTS ABOUT PANIC
PANIC IS A TIME-LIMITED RESPONSE
OUR BODIES BRING PANIC TO A NATURAL END
PANIC ATTACKS CANNOT KILL
FIGHTING PANIC PROLONGS IT