

# PANIC ATTACK

## SYMPTOMS

SWEATING



CHEST PAIN OR DISCOMFORT

DIZZINESS



NAUSEA OR ABDOMINAL DISTRESS

ACCELERATED HEART RATE



CHILLS OR HEAT SENSATIONS

SENSATION OF SMOOTHERING



FEELING DIZZY, UNSTEADY OR FAINT

TREMBLING



FEAR OF LOSING CONTROL OR DYING

## WAYS TO STOP

REFOCUS YOUR ATTENTION



FOCUS ON TAKING SLOW, DEEP BREATHS



SPLASH WATER ON YOUR FACE



REMEMBER YOURSELF THAT THESE FEELINGS AREN'T DANGEROUS AND WILL PASS



GO FOR A WALK OR DO LIGHT EXERCISES

# When Panic Attacks

**Tobias Bleicker**



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