

# 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

**Ann M. Kring, Sheri L. Johnson**



**When Panic Attacks:**

## The Enigmatic Realm of **When Panic Attacks**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **When Panic Attacks** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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