

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



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



GO FOR A WALK OR DO LIGHT EXERCISES

When Panic Attacks

Lingjun Ying



When Panic Attacks:

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Experience Love's Journey in **When Panic Attacks** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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