

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

Emilie Sanchez



When Panic Attacks:

Adopting the Song of Appearance: An Psychological Symphony within **When Panic Attacks**

In a global consumed by monitors and the ceaseless chatter of immediate interaction, the melodic elegance and psychological symphony created by the written word usually fade in to the back ground, eclipsed by the persistent noise and disturbances that permeate our lives. However, nestled within the pages of **When Panic Attacks** a stunning literary prize full of raw emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, this captivating masterpiece conducts viewers on a psychological journey, skillfully unraveling the concealed tunes and profound impact resonating within each carefully constructed phrase. Within the depths with this moving review, we can discover the book is central harmonies, analyze its enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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