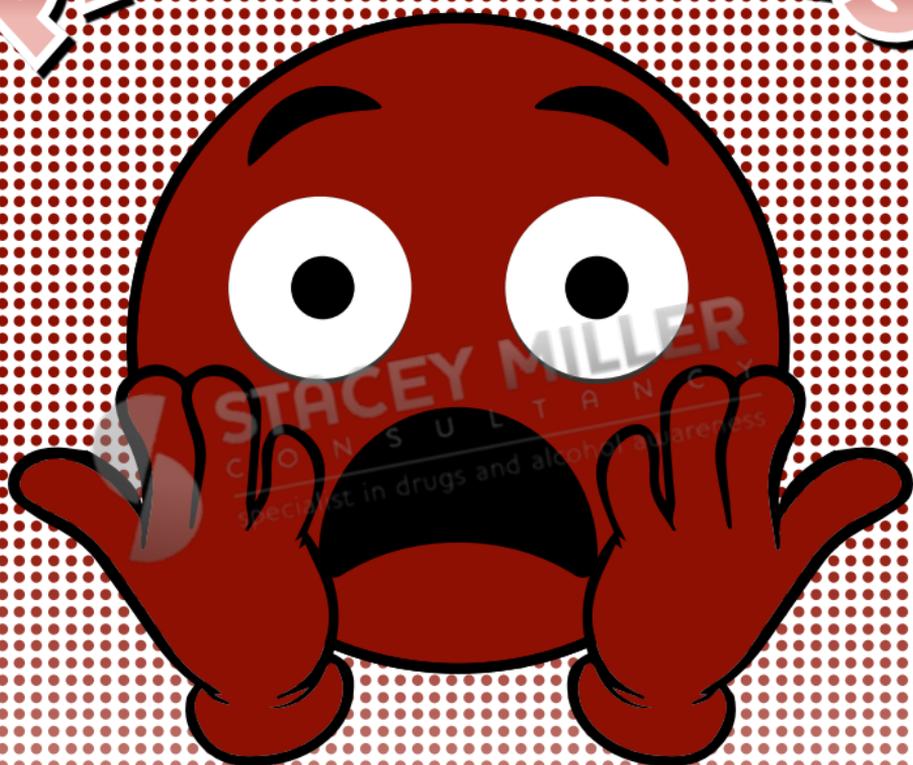


# PANIC ATTACKS



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## WHAT IS A PANIC ATTACK?

A panic attack is the most intense form of anxiety that can happen suddenly and feel like you are losing control of a situation. Symptoms can be in your head such as racing thoughts or you think you are going to embarrass yourself in front of lots of people. Or symptoms can happen to your body like having pins and needles, feeling sick or struggling to breathe properly.

## WHAT CAUSES THEM?

Mostly your mind! You tell yourself a situation is worse than it really is such as being scared to deliver a presentation, having an extreme phobia or a build up of stress. Then you tell yourself you won't be able to cope such as thinking you'll pass out, embarrass yourself or think you'll be sick.

## HOW DO YOU MANAGE THEM?

Self talk and breathe! First of all, have a word with yourself! Tell yourself it's just a panic attack and it will soon subside. Think about what you are panicking over. What are the chances you will really pass out, be sick, embarrass yourself etc? Next up, focus on your breathing. When we are having a panic attack, our heart races so focus on taking long deep breaths in and out for as long as you need to. This will slow your breathing down then in turn, your anxiety will slow down too!

## WHAT TREATMENTS ARE THERE?

There are lots of self help ideas you can try from mobile phone apps to mindfulness courses. If you experience panic attacks or fear that you will get them on a regular basis, talk to your doctor about receiving talking therapy or try out medication.