2. PANIC ATTACKS

Information
Panic attacks:
• involve an intense, overwhelming feeling of panic, anxiety, terror or fear
• last for a short period of time (normally 5 to 10 minutes)
• can occur once, occasionally or frequently
• aren’t physically dangerous
• are quite common, especially in people experiencing other forms of anxiety.

Physical symptoms
There can include:
• difficulty breathing or rapid breathing
• choking sensation
• feeling faint or dizzy or legs like jelly or shaking
• heart palpitations or racing heartbeat or pain in chest
• headache
• hot or cold flush and/or sweating
• ringing in ears
• numbness or tingling in lips, fingers or toes.

Thoughts
Thoughts are usually focused on something bad happening, such as:
• ‘I am losing control/I’m going crazy’.
• ‘I am going to die/have a heart attack/pass out/stop breathing/choke’.

Behaviours
Feeling like you need to do certain things to avoid the impending doom that you are worried about, such as not wanting to be alone in case you pass out or escaping the situation you are in.