

PANIC ATTACKS

Panic Attacks can be terrifying. The onset of a Panic Attack is often intense. Panic attacks are linked to Anxiety and something triggering your flight, fight, freeze response. Fight, flight or freeze is your body's response to perceived danger. Knowing the symptoms of a Panic Attack can help you deal with them easier and return to normality quicker.

Symptoms of Panic Attacks

- Hyperventilation
- Chest Pain
- Trembling/Shaking
- Dizziness
- Palpitations
- Nausea
- Tunnel Vision
- Sweating
- Temperature Changes

Quick Tips for dealing with Panic Attacks

Hyperventilation: Taking rapid shallow breaths or inhaling quickly because it feels as though you are not getting enough oxygen is common in Panic Attacks. This way of breathing often compounds the problem.

Breathe: Try a breathing exercise, breathe deeply into your lungs whilst counting try to see if you can breathe in for a count of 4 and out for a count of 6. You can also try breathing in thinking about the air going into your body being cold and the air coming out of your body being hot.

Dizziness: Sometimes people feel dizzy as a part of their Panic Attack which could be linked to hyperventilation.

Safe Space: Finding a safe place until the dizziness passes and focussing on your senses can help. What can you hear? See? Smell? Touch?

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Tunnel Vision when stress levels inside the body rise blood flows from the head to other parts of the body that are more vital for dealing with the situations such as the heart and legs. The loss of peripheral vision is usually temporary.

Reassurance: Reassure yourself that the symptoms you're experiencing will pass, which may help you to feel calmer.

Chest Pain & Palpitations: Panic Attacks can cause a tightness in the chest which can be like the pain felt in a heart attack. Normally this pain is psychological as opposed to physical. Your heart rate may have sped up as part of the bodies physical response.

Confide: By confiding in someone you trust about how you feel can help you manage a Panic Attack and your wider anxieties.

Nausea: Sometimes people feel nauseated when they are having a Panic Attack, which rarely progresses to vomiting.

Music: Listening to calming music can help the feelings of nausea and overwhelm associated with anxiety pass.

Hot & Cold Flushes: Stress levels lead to hormonal changes when a Panic Attack happens, this can lead to changes in temperature, fever and chills are symptoms that usually fade when the Panic Attack subsides.

Mindfulness: look at something you find interesting or comforting and really notice the details; textures, colours, shapes etc.

Sweating: Due to an increase in stress hormones during a Panic Attack some people find that they sweat more during the attack.

Diary: By keeping a diary each time you feel anxious you will be able to spot your triggers to your panic attacks.

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