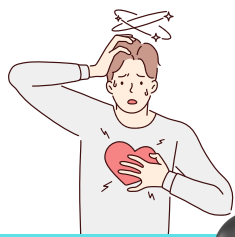


Anxiety disorder where one has frequent, unexpected and sudden attacks of panic or fear



Symptoms

- Sudden and repeated panic attacks
- Fear of loss of control, death or impending doom during panic attack
- Worry
- Intense fear
- Physical symptoms of panic attack:
 - Racing heart
 - Sweating
 - Trembling
 - Dizziness
 - Numbness
 - Shortness of breath
 - Disconnect from body

Diagnosis

- Regular but unpredictable panic attacks which don't appear to have a specific trigger
- Worry about further panic attacks
- Changing behaviour to try and make sure that panic attacks do not reoccur

Causes

- **Environmental** - stress, traumatic experiences
- **Biological** - genetics, chemical imbalance



Panic attacks

- Intense surge of fear which generally peaks within a few minutes
- Very frightening but are not dangerous
- Number of attacks varies from person to person

Panic attacks are common but having them does not necessarily mean you have panic disorder

Self-help:

- Find out more about panic and anxiety as you can learn to react differently to anxiety sensations
- Practice breathing and relaxation techniques
- Visit the NHS or Mind website for more information



Further help:

- Talk to your doctor or mental health specialist who may refer you for treatments such as cognitive behavioural therapy or medication
- Therapy can include exposure to help confront and manage fears and distorted beliefs when in situations you would normally avoid

You would need to find the treatment that works best for you