



Panic Attack Fact Sheet

Signs & Symptoms

- Irregular heartbeat
- Dizziness and lightheadedness
- Shortness of breath
- Choking sensations and nausea
- Shaking and sweating
- Fatigue and weakness
- Chest pain and heartburn
- Muscle spasms
- Hot flashes or sudden chills
- Tingling sensations in your extremities
- A fear that you're going crazy
- A fear that you might die or be seriously ill

What Should I Do?

- Breathe in for 4 seconds, hold for 2 to 3, and exhale for 5 to 6.
- Focus on what you see, smell, hear, taste, and feel.
- Distract yourself- Count backwards, recite your favorite song, etc.
- Tense each muscle group for 5 to 10 seconds.
- Try guided imagery. Visualize something relaxing. Focus on the details.
- Do something. Paint a picture, listen to music, go for a walk, etc.

<https://psychcentral.com/lib/tips-to-cope-with-a-panic-attack/>

<http://www.wikihow.com/Calm-Yourself-During-an-Anxiety-Attack>

