

SIGNS OF Panic Attack

CHILLS & HOT FLASHES



SWEATING



TREMBLING



DIZZINESS



LACK OF AIR



NAUSEA



HEART POUNDING

Panic Attack Signs

Signs of a panic attack can vary from person to person, but there are several common symptoms that many people experience.

Here's a list of some of these signs:

- **Rapid Heartbeat:** An intense and often sudden increase in heart rate is one of the most common symptoms of a panic attack.
- **Shortness of Breath:** Feeling unable to catch one's breath or experiencing tightness in the chest.
- **Sweating:** Excessive sweating without physical exertion or high temperatures.
- **Trembling or Shaking:** Uncontrollable shaking or trembling of the body or limbs.
- **Feeling of Choking:** A sensation of choking or difficulty swallowing.
- **Chest Pain or Discomfort:** A feeling of pressure or pain in the chest, often mistaken for a heart attack.
- **Nausea or Stomach Distress:** Feeling queasy, nauseous, or having stomach cramps.
- **Dizziness or Lightheadedness:** Feeling unsteady, dizzy, or as if one might faint.

- **Numbness or Tingling Sensations:** Pins and needles or numbness, typically in the hands or feet.
- **Chills or Hot Flashes:** Sudden waves of chills or feeling overheated.
- **Feeling Detached from Reality:** Experiencing a sense of unreality or detachment from oneself or the environment.
- **Fear of Losing Control or "Going Crazy":** Intense fear of losing control, having a breakdown, or fear that one is dying.
- **Fear of Death:** Overwhelming fear of impending doom or death, despite the absence of real danger.

It's important to note that not everyone will experience all these symptoms during a panic attack. The intensity and combination of symptoms can vary greatly from person to person. If someone experiences frequent panic attacks or finds that they significantly impact their daily life, it's advisable to seek professional medical advice.



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