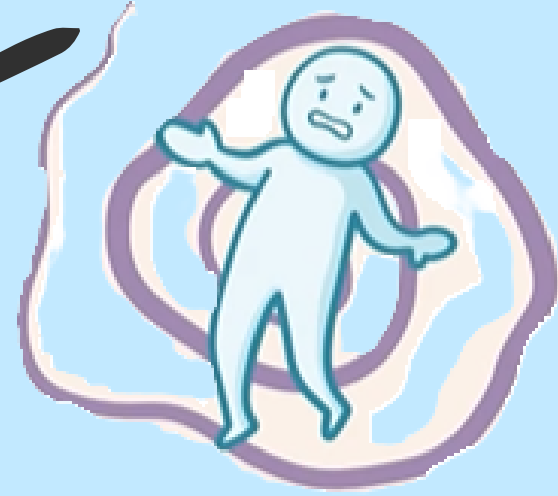


# PANIC ATTACKS



## WHAT IS PANIC ?

Panic attacks are brief periods of overwhelming fear or anxiety. The intensity of a panic attack goes well beyond normal anxiety and can include a number of physical symptoms. During panic attacks, people often fear that they are having a heart attack, they cannot breathe or feel like they are dying.

## SYMPTOMS OF PANIC ATTACK

Pounding/ racing heart

Sweating

Breathing difficulties

Nausea

Chest pain or discomfort

Trembling or skaking

Trembling or skaking

sense of terror, or impending doom or death

**PANIC ATTACKS CAN SEEM TO OCCUR RANDOMLY, OR THEY CAN BE CLOSELY LINKED TO SPECIFIC SOURCE OF ANXIETY SUCH AS LEAVING THE HOUSE, BEING IN A CROWDED PLACE**



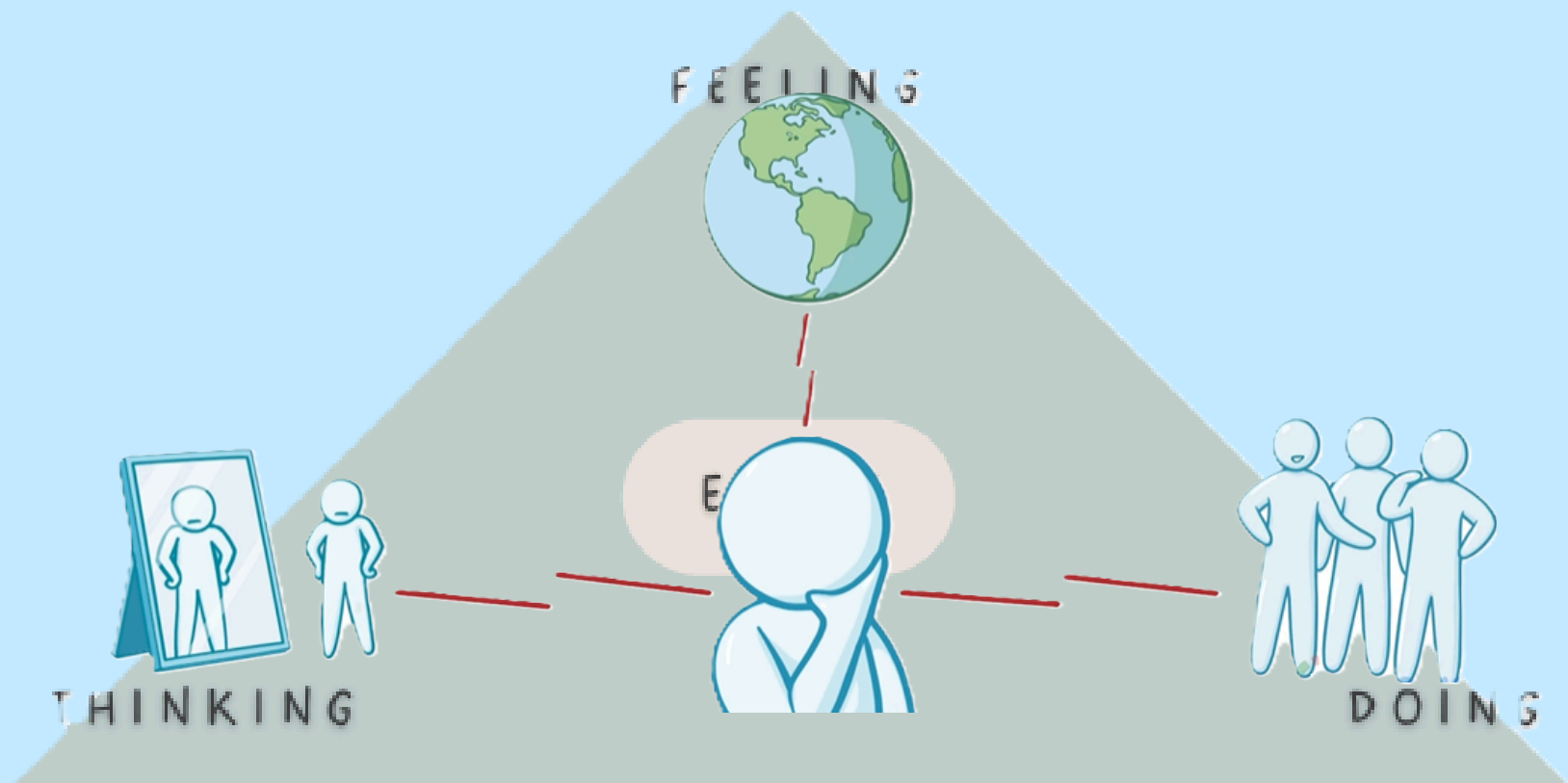
# OVERCOMING PANIC ATTACKS

Part 1

## COGNITIVE BEHAVIORAL THERAPY

Cognitive behavioural therapy (CBT) is a common and well-supported treatment for panic attacks and panic disorder.

CBT works by identifying and changing unhealthy thinking patterns that trigger panic attacks. The benefits of CBT can be long-lasting.



### PSYCHOTHERAPY

CBT

\* MONITOR for MALADAPTIVE THOUGHTS & BEHAVIORS

↳ REPLACE THESE w/ LESS ANXIETY-PROVOKING VERSIONS



# OVERCOMING PANIC ATTACKS



Part 2

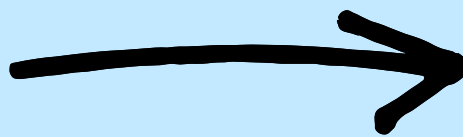
## EXPOSURE THERAPY

During exposure therapy, the patient is intentionally exposed to the symptoms of panic in a safe environment. Exposure helps by providing you with evidence that panic attacks are not harmful.

As exposure continues, the symptoms become more familiar and less terrifying. Exposure therapy may also involve gradual exposure to feared situations.



⇒Focus on bodily sensations. If you do notice normal changes in your physiological sensations, exposure tasks will give you direct evidence that physiological sensations are not catastrophic, and this will reduce your fear of them. Further, if you are not afraid of these sensations, then there will be less reason to monitor your body for them.



⇒Thinking styles. Through physiological sensations exposure, you will have direct evidence that such sensations are not catastrophic.

It works by challenging three factors to break the cycle of panic and anxiety:



⇒Avoidance. Exposing yourself to physiological sensations is incompatible with avoiding them. By repeatedly exposing yourself to such sensations, you will become used to them and you will be less likely to react with anxiety when you notice these sensations. By doing it over and over again, it becomes easier to do



# OVERCOMING PANIC ATTACKS



Part 3

## RELAXATION TECHNIQUES

Much like how muscles become stronger with exercise, the body's relaxation response can be improved with practice. Frequent use of relaxation techniques such as a deep breathing, meditation, and progressive muscle relaxation can help to combat panic attacks.

### BREATHING TECHNIQUES

#### WIM HOF

Inhale through the nose and fill up your lungs

Exhale through pursed lips

REPEAT 30 TIMES

After last exhale, hold your breath and notice how long you can hold for

thereafter take a big inhale and hold your breath for 10-20 seconds

Repeat the steps above another 3 times

### RELAXATION TECHNIQUES

#### BUTTERFLY HUG



The Butterfly Hug Technique, Aids In The Reduction Of Stress And Anxiety. It Offers A Physical Anchor For emotional Regulation, Allowing The Body's Relaxation response To Engage. This Can Be Especially Beneficial for Soothing Intense Emotional Responses.

#### EYE MASSAGE



Produces A Cardiovascular Effect And Is The Result Of Vagus Nerve Stimulation; It Leads To A Decrease In Heart Rate And Blood Pressure.

