

**ASSIST TRAUMA
CARE**

ASSIST TRAINING

PANIC ATTACKS

The main sensations in panic attacks are:

- **Shortness of breath**
- **Dizziness, unsteadiness or feeling faint**
- **Increased heart rate, palpitations**
- **Chest pains or discomfort**
- **Choking**
- **Feeling nauseas**
- **Sweating**
- **Trembling, shaking**
- **Hot flushes**
- **Numbness**
- **Fear of dying**

A panic attack can start quite suddenly and become quite severe within a 10 minute period

A PANIC ATTACK IS –

THE BODY'S NORMAL FEAR REACTION SWITCHED ON BY ACCIDENT

THE PROBLEM WITH PANIC IS –

IT PRODUCES PANIC – THE FEAR OF PANIC KEEPS THE PANIC ALIVE

MYTHS ABOUT PANIC –

**IT IS NEVER GOING TO END
IT WILL RESULT IN DEATH**

FACTS ABOUT PANIC

**PANIC IS A TIME-LIMITED RESPONSE
OUR BODIES BRING PANIC TO A NATURAL END
PANIC ATTACKS CANNOT KILL
FIGHTING PANIC PROLONGS IT**

