



Panic Attack (11.2% Prevalence)

- An abrupt surge (typically within 10 minutes) with at least four of the following symptoms:
 - Palpitations/racing heart, sweating, trembling or shaking, shortness of breath, feelings of choking, chest pain or discomfort, nausea or abdominal distress, feeling dizzy or unsteady, chills or heat sensations, numbness or tingling, dreamlike or “out of body” feeling.
 - Fear of losing control or “going crazy”, fear of dying.
- An event that occurs as a part of other anxiety or mental health disorders.
- Not a stand-alone diagnosis (specifier) - Nobody has the diagnosis of “Panic Attack”.
- Can occur from a calm or anxious state.
- Can be expected (obvious trigger) or unexpected

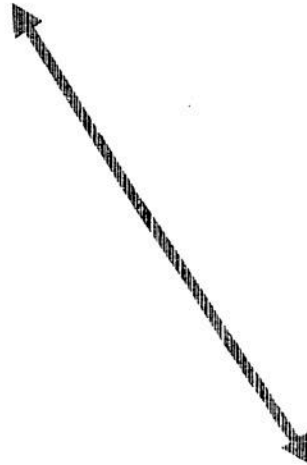
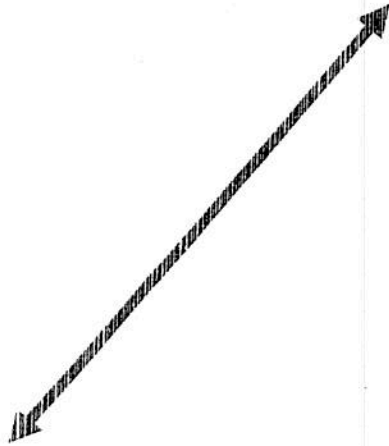
Panic Disorder (Around 3% Prevalence)

- Recurrent unexpected panic attacks:
 - Must meet full criteria for a panic attack.
- One or more of attacks has been followed by 1 month or more of at least one of the following:
 - Persistent concern or worry about additional panic attacks or their consequences.
 - Avoidance behaviors to prevent panic attacks or their effects.
- A stand-alone diagnosis.
- Panic attacks are not explainable by substance use, medical condition or other mental health disorder
- Must have at least some panic attacks which are unexpected and not have an obvious trigger.

Summary of Major Points Made in **An End To Panic**

1. Objective danger is the same for everyone. We all have to grapple with the uncertainty of life.
2. Taking risks leads to growth.
3. If you are willing to go through temporary discomfort, you are investing in greater self-confidence.
4. Anxiety is uncomfortable but it does not kill.
5. Anxiety and panic will dissipate.
6. You must accept that you will feel anxiety and fear.
7. Panic attacks won't hurt you, physically, mentally, or socially.
8. You can cope with panic. You won't go crazy, have a heart attack, faint, have a stroke, or act hysterically (screaming and running around uncontrollably).
9. You can learn to interpret symptoms as reactions, not as signs of catastrophe.
10. You can look at panics as inconvenient and uncomfortable annoyances, not as catastrophes.
11. Avoiding panics at all costs is not the goal. If the only way to avoid panic attacks is by avoiding, the cost is too high.
12. Avoidance feeds fear.
13. The more you avoid a fearful situation, the more the fear grows.
14. Fear entraps you.
15. You can look at situations with fresh eyes: You can see how you are not trapped. You can exercise the control you do have.
16. You are not the center of the universe. People are not watching every move you make. They have their own lives to live and think about!
17. You can free yourself from worrying about what strangers might think of you.
18. Even if some of your anxiety symptoms do become visible, don't exaggerate the probability of being laughed at, thought of as weird, or of embarrassing yourself. And if it happens, so what! Remember that we all act at times in embarrassing ways and survive. Only death is the point of no return.
19. Just because you are anxious does not mean that you lose your integrity or personal worth.
20. We cannot grow in life without experiencing uncertainty and anxiety.

THOUGHTS

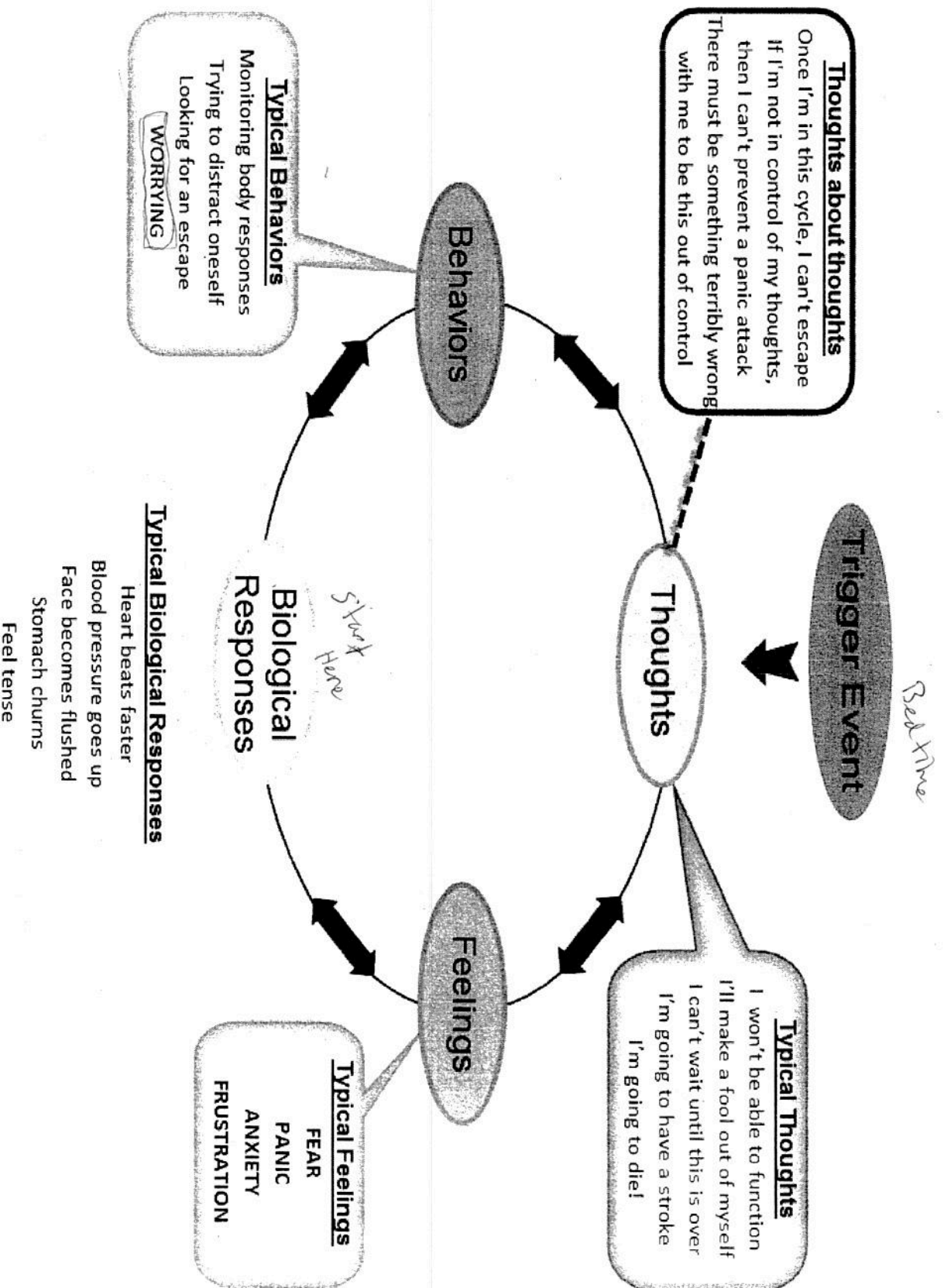


FEELINGS



BEHAVIORS

COGNITIVE MODEL OF PANIC DISORDER



Panic Recovery Pop Quiz

Circle T or F

1. Panic attacks are a sign of severe mental illness. T F
2. Panic attacks lead to heart attacks. T F
3. Panic attacks cause heart damage. T F
4. Anxiety attacks and panic attacks are two distinct entities that require different treatment. T F
5. Half the people who have had a panic attack go on to develop a panic disorder. T F
6. Anxiety is a sign of abnormality. T F
7. Only individuals with panic disorder have their alarm system triggered when under stress. T F
8. The relaxation response can be triggered as quickly as the alarm response. T F
9. Although we may not necessarily be aware of it, panic attacks generally have a reason for their occurrence. T F
10. People with panic disorder have lower scores on standardized intelligence tests. T F
11. Panic attacks are best treated in the Emergency Room. T F
12. Panic attacks are actually a false alarm in an otherwise normal and necessary alarm system. T F
13. Panic attacks are a couch potato's way of getting some aerobic exercise. T F

THE FIGHT-OR- FLIGHT RESPONSE: WHAT HAPPENS?

The fight-or-flight response is a healthy, harmless response designed to save your life, by preparing you to run or fight if the reacting brain feels you're threatened.

What You Notice	Why It Happens
Palpitations (stronger, faster heartbeat)	The heart is pumping more blood to the fighting muscles.
Faster breathing	To get more oxygen to the muscles
Muscle tense	To prepare you to fight or run.
Chest tightness or discomfort Short of breath or suffocating feeling	Chest muscles are tensed. You're breathing more oxygen than your muscles need.
Feeling hot	More blood's being sent to fighting muscles.
Feeling cold, tingling, or numbness	Blood's pulled away from the outside of the body to reduce bleeding if wounded.
Visual changes	Pupils dilate (get bigger) which increases your range of vision so you won't be ambushed.
Feeling faint, dizzy, or unsteady	The changes in blood flow, breathing in more oxygen than your muscles need, and dilated pupils cause this.
Feeling like things aren't quite real or like you're not quite real	Comes from the visual changes and decreased concentration on everyday activities because you're concentrating on potential dangers.
Stomach discomfort, nausea, or diarrhea	Blood moves to the fighting muscles and away from the digestive system.
Lump in throat, dry throat, or feeling like you can't swallow	Muscles are tensed and your body is preparing to fight, not eat.
Shaky, trembling	Muscles are tensed but not being used.
Sweating	So you don't overheat if you have to run or fight.
More easily startled, restless, or feeling you're going to "do something"	Your mind and body are prepared to run or fight if there is danger.
More easily irritated	You're being prepared to fight off danger.
Trouble sleeping or restless sleep	You're alert for danger.
Decreased concentration	Your mind's thinking about danger.

Worksheet 3: The Components of a Panic Attack

Event/Situation: _____ Date: _____
 Put each component of the specific panic attack or fearful event on a separate line.

State if P, C, B:
 Physiological,
 Cognitive, or
 Behavioral

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Event/Situation: _____ Date: _____
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