

# PRIOR MINDSET

## PANIC, SYMPTOMS, AND TREATMENTS FOR ADULTS & CHILDREN

**Overview:** Panic disorder is an anxiety disorder characterized by frequent and sudden panic attacks. These attacks can occur without warning and often involve intense fear or discomfort. While anxiety and panic are natural responses to stress, those with panic disorder experience these feelings regularly, even in non-threatening situations.

### Anxiety:

- Feelings of worry, unease, and fear, ranging from mild to severe.
- May lead to avoidance of certain situations, contributing to a cycle of "fear of fear."

### Panic Attacks:

- Sudden onset of intense mental and physical symptoms.
- Typically, lasts between 5 and 20 minutes.

### Common symptoms include:

- Racing heartbeat
- Shortness of breath
- Chest pain
- Dizziness
- Sweating

- Trembling
  - Nausea
  - Feelings of dread
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### **When to Seek Help:**

- If you experience regular panic attacks or ongoing worry about future attacks, consult a GP.
- A GP may conduct a physical examination to rule out other causes and discuss your symptoms in detail.

**Treatment Options:** Self-help strategies can include:

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### **During a panic attack:**

- Stay where you are.
  - Breathe slowly and deeply.
  - Remind yourself the attack will pass.
  - Focus on calming thoughts.
  - Use distraction and grounding techniques
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### **Preventing future attacks:**

- Practice relaxation techniques like yoga or breathing exercises.
  - Engage in regular physical activity.
  - Avoid triggers like caffeine, alcohol, and sugary foods.
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## Talking Therapies:



- Cognitive Behavioural Therapy (CBT) is commonly used to treat panic disorder.
  - Therapy focuses on changing thought patterns and behaviours to manage panic attacks.
  - **You can find more about talking therapies here at [WWW.PRIORMINDSET.COM](http://WWW.PRIORMINDSET.COM)**
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## Medications:

- **Selective Serotonin Reuptake Inhibitors (SSRIs):** First-line treatment for panic disorder.
  - **Tricyclic Antidepressants:** Alternatives if SSRIs are not suitable.
  - **Anti-Epileptic Drugs:** Pregabalin or clonazepam may be prescribed in severe cases.
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## Referral to a Specialist:

If symptoms do not improve with CBT and medication, a GP may refer you to a psychiatrist or clinical psychologist for further assessment and treatment.

## Support Groups:

Connecting with others who have panic disorder can be beneficial. Explore these resources:

- [Anxiety UK](http://AnxietyUK.org)
  - [No Panic](http://NoPanic.org)
  - [Triumph Over Phobia \(TOP UK\)](http://TriumphOverPhobia.org)
  - **[WWW.PRIORMINDSET.COM](http://WWW.PRIORMINDSET.COM)**
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## Complications:

- Without treatment, panic disorder can lead to additional mental health conditions, such as agoraphobia.
  - Panic disorder may affect your ability to drive; consult the DVLA for guidance.
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## Causes:

The exact cause of panic disorder is not fully understood. However, it may involve:

- Traumatic life experiences
  - Family history of panic disorder
  - Neurotransmitter imbalances in the brain
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## Panic Disorder in Children:

- Children showing signs of panic disorder should see a GP for a thorough evaluation.
  - Treatment may include CBT and, if necessary, referral to a specialist. Learn more about [mental health support for children](#) here.
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## For More Information:

- Visit [mental health services](#) in your area for support and resources or Visit [WWW.PRIORMINDSET.COM](http://WWW.PRIORMINDSET.COM) to book a free 15-minute CBT consultation and discover how I can help you manage and overcome your challenges.



## Reference and Resource Videos – Please click each link to watch



Signs of a Panic Attack. (2022, February 16). *YouTube*.

<https://www.youtube.com/watch?v=Ya1HfNY7898>

What is a Panic Attack? (2021, October 20). *YouTube*.

[https://www.youtube.com/watch?v=16XD6zP\\_d8M&t=107s](https://www.youtube.com/watch?v=16XD6zP_d8M&t=107s)

What is panic disorder? (2020, July 15). *YouTube*.

<https://www.youtube.com/watch?v=iHEWj9POttY>

Does a Panic Attack Actually Do to Your Body? (2021, May 12).

*YouTube*. <https://www.youtube.com/watch?v=s30DgdEHcbg>

Wellness 101 Show - How to Stop a Panic Attack. (2021, March 8).

*YouTube*. <https://www.youtube.com/watch?v=JaEeQdGAnGo>

How to cope with panic attacks. (2021, April 20). *YouTube*.

<https://www.youtube.com/watch?v=pJCpZBledrw>

Helping someone who is having a panic attack. (2020, December 10).

*YouTube*. <https://www.youtube.com/watch?v=HcVAuHxEQfQ>

Panic Symptoms Explained and Calm a Panic Attack in 3 Easy Steps.

(2022, August 5). *YouTube*.

<https://www.youtube.com/watch?v=4bJpYf7RTqE>

Guided Breathing Exercise Meditation Panic Attacks & Anxiety. (2020, January 29). *YouTube*.

<https://www.youtube.com/watch?v=uQ6n9ypZu1s>

You Are Not Your Thoughts. (n.d.). *YouTube*. Retrieved August 9, 2024,

from <https://www.youtube.com/watch?v=0QXmmP4psbA>

National Health Service. (n.d.). *Panic disorder*. NHS.

<https://www.nhs.uk/mental-health/conditions/panic-disorder/>