CLÍNICA VIVALDI · FREE SHEET · ANXIETY

Panic disorder

Unexpected and repeated panic attacks (palpitations, choking, dizziness, fear of dying or losing control) and constant worry about having them again.

COMMON SIGNS

- Sudden attacks of intense fear
- Fear of bodily sensations
- Avoids places in case an attack happens

TIPS FOR YOU

1. Remember the attack is intense but not dangerous, and it passes on its own
2. Breathe slowly: breathe out for longer than you breathe in
3. Don't run away: staying teaches your body there is no danger

FOR FAMILY AND FRIENDS

1. During an attack, stay calm with them and breathe slowly together
2. Don't encourage escape: help them stay until it eases

WHEN TO ASK FOR HELP

1. Rule out medical causes at the first attack
2. If you stop leaving the house

TO OBSERVE AND NOTE DOWN

☐ I have had sudden attacks of intense fear

☐ During the attacks I notice palpitations, breathlessness or dizziness

☐ During the attacks I'm afraid of dying, going mad or losing control

☐ I worry a lot about having another attack

☐ I keep checking the sensations in my body

☐ I avoid places in case I have an attack

☐ I have gone to A&E because of these attacks

☐ The attacks come for no apparent reason

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-panico
- Full article: Panic disorder: clinicavivaldi.com/en/trastorno-trastorno-de-panico
- Free guide: Panic disorder: clinicavivaldi.com/en/guia-panico
- Free guide: Anxiety attacks: clinicavivaldi.com/en/guia-crisis-ansiedad
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

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