

Patient Care Reinvented.

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Are you having panic attacks?

Resources and Support for You

- Do you experience a sudden rush of intense fear for no apparent reason?
- During this attack, do you experience many different kinds of uncomfortable physical symptoms?
- During this attack, do you worry something terrible will happen to you (for example, you will go “crazy”, embarrass yourself, have a heart attack or die?)
- Do you worry about having more attacks?

If you answered **YES** to any of these questions, speak to your doctor.

A medical condition can cause some of these symptoms. Your doctor can run medical tests to check this. If your doctor rules out physical illness as the cause of your discomfort, your doctor may tell you that you are having panic attacks.

What is a panic attack?

A panic attack is a sudden rush of fear and uncomfortable physical symptoms, such as:

- Increased heart beat
- Chest pain
- Dizziness
- Numbness
- Shortness of breath
- Tingling.

The body reacts as if there is danger when none exists. Panic attacks may occur in response to a certain place or activity. They may also happen “out of the blue.”

Does this mean I have an anxiety problem?

Panic attacks are not dangerous and having one does not mean that you have an anxiety disorder.

If you start worrying about your attacks or avoiding situations because you are afraid of having another panic attack, this could develop into an anxiety disorder. It is important to follow up with your doctor so that you do not end up avoiding more things in your life.

What can I do about my panic attacks?

1. Follow up with your regular doctor as soon as possible. Your doctor is the best person to decide if you need any tests.
2. Write down any symptoms that come back. When a panic attack happens, keep track of:
 - Where you were
 - What you were thinking
 - What you were doing
 - How you felt.This will help your doctor understand your symptoms better.
3. Try not to avoid places or situations because of your symptoms. If you feel you are able, try to return to the place where you first had your symptoms. If this is too difficult for you, do not push yourself. Try to keep doing the things you normally do in your life.

How do I get help for my panic attacks?

Work together with your doctor to find out the cause of your symptoms and discuss treatment options. Based on your needs, your doctor may send you to see a specialist for your panic attacks.

Videos/Audio Clips



Self-Help Strategies: Webinars to Calm Anxious Minds / Anxiety and Depression Association of America (2016).

<https://www.adaa.org/living-with-anxiety/ask-and-learn/webinars>

Coping with Panic Attacks / Yip, Jenny, 2015. (Webinar)
<https://adaa123.sharepoint.com/Public%20Ed%20Webinars/layouts/15/guestaccess.aspx?guestaccessoken=7a4vBVxMBuafO%2f4PdZkyShocK4mN6%2btoNamkyoaaar2M%3d&docid=1f8fb947a97304b1c9edefd2ff38a673c&rev=1>

Books (Self-Help/Workbooks/e-Books)



10 Simple solutions to panic: How to overcome panic attacks, calm physical symptoms, and reclaim your life / Antony, M.M. (2004).

The Anti-anxiety workbook: Proven strategies to overcome worry, panic, phobias and obsessions / Antony, M.M., Norton, P.J. (2008).

Anxiety BC

Panic Disorder: <https://www.anxietybc.com/self-help/self-help-strategies-panic-disorder>

Agoraphobia: <https://www.anxietybc.com/adults/self-help-strategies-agoraphobia>

The Dialectical behavior therapy skills workbook for anxiety: Breaking free from worry, panic, PTSD, and other anxiety symptoms / Chapman, A. (2011).

Dr. Rami Nader

www.raminader.com/panic_resources.htm

Mastery of your anxiety and panic, 4th ed. / Barlow, D.H., Craske, M.G. (2007).

The Mindfulness and acceptance workbook for anxiety: A guide to breaking free from anxiety, phobias and worry using acceptance and commitment therapy / Forsyth, J.P., Eifert, G.H. (2007).

Panic stations: Coping with panic attacks / Centre for Clinical Interventions (2004).

www.cci.health.wa.gov.au/resources/infopax.cfm?InfoID=44

Web sites/Online Resources



Anxiety and Depression Association of America
www.adaa.org

Dr. Martin Antony, Clinical Psychologist
www.martinantony.com

Apps



PanicShield (Free) (iOS, Android)
www.panicshield.org

Education and exposure treatment support for panic attacks.

Stop Panic and Anxiety Self-Help (Free) (Android)
<https://play.google.com/store/apps/details?id=com.excelatlife.panic&hl=en>

MindShift (Free) (iOS, Android)
www.anxietybc.com/resources/mindshift-app

Strategies for managing social anxiety, panic and perfectionism (often related to depression).

The **Patient & Family Resource Centre** offers staff and residents in the community free access to our electronic, print and audiovisual collection on health and wellness matters. The items listed in this resource are a selection of some of the materials available to you. To reserve any of the print items from the list, please contact us.

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Friday, 8:00 a.m. - 4:00 p.m.

We are located on Level 0, in front of the Food Court.

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.