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## Panic stations module 10

Dealing with panic attacks: This InfoPax is designed to provide you with some information about panic attacks, panic disorder and suggested strategies for how to manage panic and anxiety. They are organized into units designed to work through in sequence. Although it is not necessary to complete a single module before moving to the next, it is recommended that this. Each module includes information, worksheets, exercises, or suggested activities. Unit 1: An overview of panic this unit describes panic and panic chaos and is seen in the symptoms of panic. PDF document: 268kb. Unit 2: More about panic and the goal of this InfoPax module is to provide you with some detailed information on how panic attacks actually evolve. This unit will also describe how panic attacks develop into panic disorder and what treatment strategies may be helpful. PDF document: 180kb. Unit 3: Communication thinking and feeling this module describes spontaneous thoughts and explores how thoughts affect feelings. 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Unit 9: Dealing with physical alarms – Exposure Part 1 the goal of this unit is to give you information on how to challenge your beliefs about the symptoms of panic by actually experiencing them. Research has shown that this is particularly important in being able to successfully overcome symptoms of panic and distress about panic symptoms. PDF document 225kb. Unit 10: Dealing with physical alarms – Exposure Part 2 The goal of this InfoPax module is to give you information about exposure to activities and situations that you are worried that panic attacks may occur. PDF document: 340kb. Unit 11: This unit's calming method describes how you can reduce your anxiety by controlling your breathing. PDF document: 243kb. Unit 12: Self-management describes this final unit how to sustain the gains and continue the progress that has been made made throughout the previous units. PDF document: 213kb. The panic attack is a sudden start of extreme anxiety or terror without any obvious threat. It is a poor realization of the so-called flight battle or freezing adrenaline reaction. The browser does not support the audio element. Panic attacks can usually include four or more of the following: heart pounding sweating shakes shortness of breath which can include: feeling choking chest pain nausea/abdominal cramps feeling dizzy or a non-narrower a outside the body or feeling unrealistic shivers or hot flashes pins and needles can be complete blown or milder near panic and they usually build up to escalate in 10 minutes. Often a person makes a disastrous explanation of what's happening i feel dizzy - I'll faint i feel like I'm not really here - I'm going crazy I can't breathe properly - I'm going to choke panic burning after several minutes, but the lingering effects may last hours. What is panic disorder? Panic disorder can be diagnosed when there are frequent panicattacks that disrupt a person's life. Once one person fears another concept will happen that can often generate new episodes. How can you feel a panic attack? Example of a pretisted panic: train ride – beware of falling into the trap, stuck – beginto feel tense, sweaty – trying to calm your self down – standing near the exit – sticking to something to the steady self – reinforces the idea that something bad on the road – train stops between stations – I'm trapped – trying to pick up a quick breath – breathing – making a dizzy - fear of fainting – feeling unrealistic - intense horror – I'm dying – leaving the next station symptoms of panic? Physical symptoms tend to be very similar, but the concentration of fear tends to differ for different people. Some fear of collapse, others having a heart attack or others feeling a loss of control over trigger situations that provoke panic can also vary the fear of being away from home - panic at night phobias confined to places of anxiety caused by panic or panic caused by traumatic memories how do you know it is a panic attack and have no physical cause? By looking at the symptoms and the fact that the main sensation is fear. Some medical problems can mimic panic, but the signs are usually fairly obvious from the medical problem. Common examples are: hyperthyroidism or adrenal hyperactivity some types of heart seizures flickering lung problems such as asthma Most people suspect a medical cause with the first panic and going to A/E or to the GP some wrongdiagnosis have been diagnosed having a medical or heart problem although there is more panic awareness now than it was. Can panic attacks be another symptom of a mental health problem? Yes, a lot. Less than half of them have isolated the so-called panic disorder. It is accompanied by depression and if the mood and energy are low this should be considered a potential underlying cause. When we're down we tend to be more anxious and more prone to feelings of panic 50% developing fear of exposed places – the fear of being out of safety usually home panic may also be a sign of another anxiety disorder such as obsessive-compulsive anxiety disorder phobia or even PTSD in a third of people, panic is mixed with alcohol or drug abuse how common panic attacks are they? Panic attacks are very common, 7-9% of the population suffer from them and this amount is twice as high if milder panic is included. Who is most likely to suffer from panic attacks? Panic attacks are more common in women with a ratio of 3:2. Most panic problems begin in their late teens in their early twenties, but they can occur at any age. They are often associated with stressful events, life disturbances or traumas either past or present such as: loss of work, widowhood, separation of early life adversity or abuse. What is the best way to deal with a panic attack? Breathing and relaxation training is no longer considered the best approach. They tend to subtly maintain the idea that panic is dangerous or life-threatening. We now recommend for typical panic: to go with it. This is similar to the idea of meditation of separate acceptance. Test whether panic will really hurt you by riding it out. Stay in the situation if you can until the panic subsides. Learn that although very unpleasant panic is not serious and will not cause permanent harm but, everyone is different. If panic is associated with another problem, such as previous trauma, feelings of abandonment or depression, it may not be better to be difficult. A more compassionate treatment approach may be needed at first. This highlights the importance of accurately assessing when you need to start looking for expert help? If panic causes a major disruption in your life, you should treat it early, the better the sooner. The center treatment is briefly designed using cognitive behavioral therapy to break the maintenance cycle and is very effective for typical panic. It usually takes 4 to 10 sessions but as mentioned earlier, it is important to note that panic can indicate a more complex underlying problem, so an accurate mental health assessment is needed to begin with. Where can I get a mental health assessment? Expert assessments can be made by mental health teams or CBT therapists and can be prepared through GPs. What types of treatments are available? Sometimes serotonin is used to promote antidepressants especially if depression exists but good psychotherapy is The treatment is preferred for most. Valium is like tranquilizers that are best avoided. Some individuals need long-term treatments to address underlying problems with confidence, relationships or previous traumas. This long-term treatment tends to be taken on by therapists with different training than the standard CBT treatment mentioned before it is important to also note that some people have an alcohol or sedative drug addiction and panic is a symptom of the drug or alcohol withdrawal. These individuals are clearly the need for their addiction first. Dealing with panic attacks: This InfoPax is designed to provide you with some information about panic attacks, panic disorder and suggested strategies for how to manage panic and anxiety. They are organized into units designed to work through in sequence. Although it is not necessary to complete a single module before moving to the next, it is recommended that this. Each module includes information, worksheets, exercises, or suggested activities. 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