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THE INS AND OUTS ON PANIC ATTACKS

SYMPTOMS?

SIMILAR BUT NEVER THE SAME

Symptoms can be both physical and mental. A person commonly feel anxiety and fear. They can also feel shaking, pain in their mid chest area, their hands and fingers can feel tingly or numb, shortness of breath, and so much more.

WHEN TO EXPECT IT?

HAS NO WARNING

The sad truth of panic attacks is that they come and go as they please. They can be triggered by events or things people say or do. Sometimes they can also end up being triggered by nothing at all.

HOW LONG DO THEY LAST?

VERY BRIEF

Panic attacks are usually brief, they are commonly known for lasting for at least a few minutes. And although the attack itself lasts a few minutes, some symptoms from the attack can last longer than the attack itself.

FIRST ATTACK?

