

Panic Anxiety refers to sudden and intense episodes of overwhelming fear or distress, often referred to as panic attacks.--- Triggers of Panic Anxiety: External Triggers: Crowded places, elevators, public speaking, or reminders of traumatic events. These episodes can occur without warning and are a hallmark of Panic Disorder, although they can also happen in other anxiety conditions. Internal Triggers: Stress, fatigue, physical illness, or stimulant use (caffeine, nicotine).--- Examples: During a meeting: Suddenly feeling like the room is closing in, heart racing, sweating, and needing to leave to avoid a sense of impending doom. Immediate Coping Strategies: Breathing Exercises: Inhale for 4 counts, hold for 4, and exhale for 6. A feeling of detachment from reality (derealization) or oneself (depersonalization). Grounding Techniques: Focus on your surroundings using the 5-4-3-2-1 method. Physical Symptoms: Rapid heartbeat (palpitations) or chest pain. Dizziness, lightheadedness, or fainting. Nausea or abdominal discomfort. Tingling sensations (paresthesia) in the hands or feet. Sometimes No Clear Trigger: Panic attacks can occur spontaneously. Sweating, trembling, or shaking. 2.3.4.