Panic

Signs of panic

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\821JX6BP\coughing[1].jpg]()![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\821JX6BP\cora1[1].jpg]()

Intense fear

Racing heart

Trouble breathing

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OJMAA9UG\nausea[1].jpg]()![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\821JX6BP\capogiro[1].jpg]()

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\96RQ0TGL\quel-casse-tete[1].jpg]()

CAPTION

CAPTION

Nausea

Shaking

Dizziness

What causes panic?

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\96RQ0TGL\thought_bubble[1].gif]()![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\96RQ0TGL\4715483811_worried_man_pacing_xlargejpeg[1].JPG]()

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\Q8PWUN3Y\nuclear-explosion[1].jpg]()

Catastrophic thinking

Genetics

Anxiety and worry

How is panic treated?

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\96RQ0TGL\thought_bubble[1].gif]()

![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\821JX6BP\5-Free-Summer-Clipart-Illustration-Of-A-Happy-Smiling-Sun[1].png]()![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\96RQ0TGL\troubled_lungs[1]]()![C:\Users\bhintern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OJMAA9UG\1210-1240955139Pi96[1].jpg]()

Breathing retraining

Changing thinking

Exposure