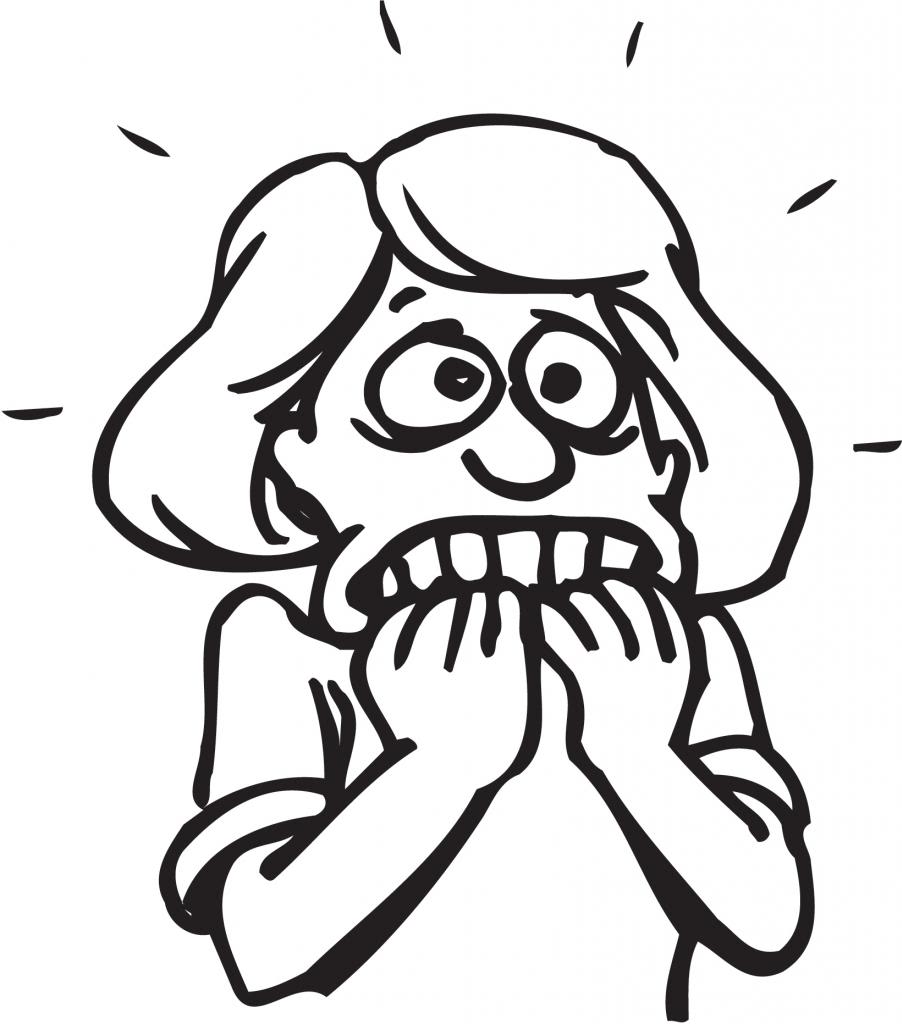
Panic

Signs of panic



Intense fear

Racing heart

Trouble breathing





CAPTION

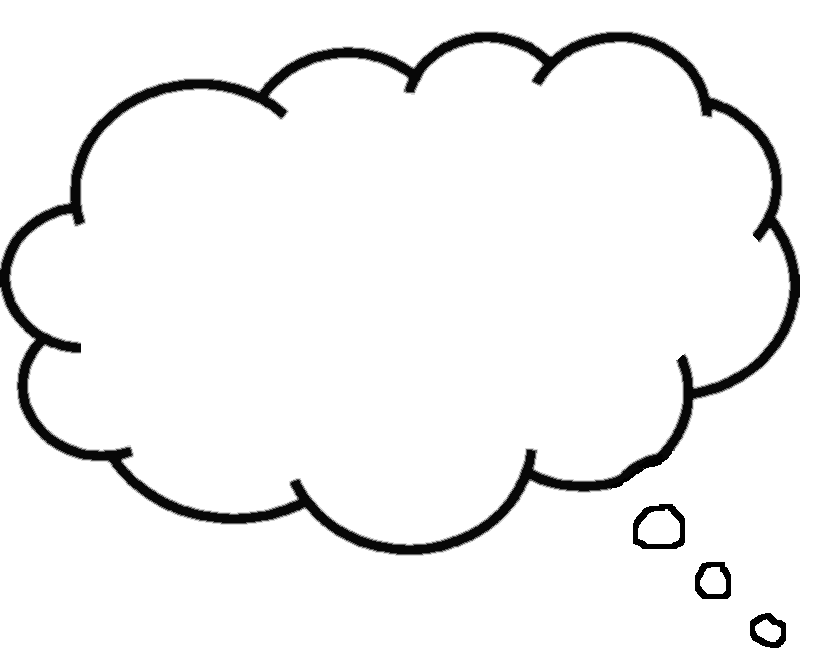
CAPTION

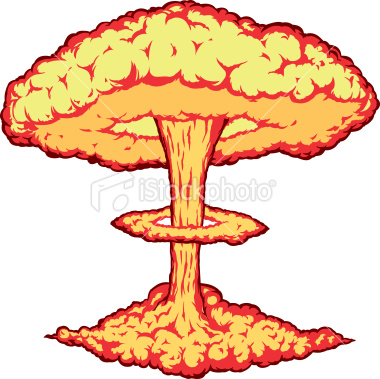
Nausea

Shaking

Dizziness

What causes panic?



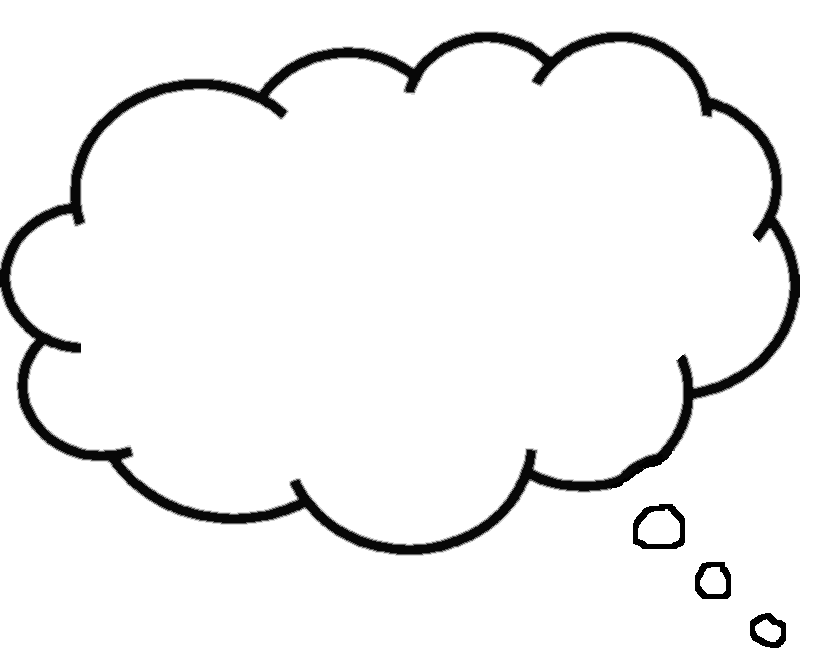


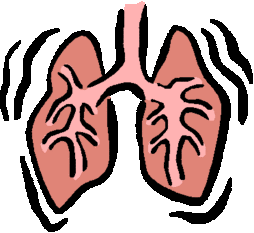
Catastrophic thinking

Genetics

Anxiety and worry

How is panic treated?





Breathing retraining

Changing thinking

Exposure