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Klein began having panic attacks after her mom died when she was 16. Over the years, she says her anxiety led her into dark bouts of alcoholism and addiction, into long periods of isolation, and on many trips to the emergency room. Ten years ago, at age 53, she was still having frequent panic attacks, even though she had kicked her addictions.

## **6 People Share Stories of How Their Panic Attacks Felt**

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11 Ways to Stop a Panic Attack. 1. Use deep breathing. While hyperventilating is a symptom of panic attacks that can increase fear, deep breathing can reduce symptoms of panic during ... 2. Recognize that you're having a panic attack. By recognizing that you're having a panic attack instead of a ...

## **How to Stop a Panic Attack: 11 Ways to Cope**

Many people have just one or two panic attacks in their lifetimes, and the problem goes away, perhaps when a stressful situation ends. But if you've had recurrent, unexpected panic attacks and spent long periods in constant fear of another attack, you may have a condition called panic disorder.

## **Panic attacks and panic disorder - Symptoms and causes ...**

Between panic attacks there is a persistent, lingering worry that another one could come at any minute. Panic disorder symptoms are primarily centered around panic attacks. Panic attacks often ...

## **Panic Disorder Symptoms | Psych Central**

A panic attack is a discrete period of intense fear or discomfort emerging from either a calm or anxious state. It can include symptoms such as sweating and dizziness.

## **Panic Attack Symptoms | Psych Central**

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Panic disorder exists when people who are subject to panic attacks change their behavior to avoid the possibility of having another. In about 30 percent of cases, people drastically curtail their ...

## **Panic Attacks | Psychology Today**

Panic attacks may not come as unexpectedly as they seem. The physical changes may start about an hour before an attack. In one study, people with panic disorder wore devices that tracked their ...

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