

ANATOMY OF A PANIC ATTACK

About 10 million people in the US will have a panic attack this year

3%

You are not alone!

Women are twice as likely to experience a panic attack

2X

Research has revealed that genetics can play a major role in anxiety

1/3

About one third of anxiety is inherited



YOUR EMOTIONS

How we view and respond to our feelings can be directly linked to panic attacks



YOUR ACTIONS

Surprisingly, your own actions can make panic attacks even worse



YOUR THOUGHTS

Your thoughts about panic might be making it worse. You can learn how to change this



YOUR BELIEFS

Beliefs about yourself and your life are involved in the cycle of panic attacks

If you've had a panic attack, you know that it **FEELS AWFUL**

Physical **SYMPTOMS** include rapid heartbeat, shallow breathing, dizziness, shaking, feelings of **UNREALITY** and many others

All of these are caused by your brain's **FIGHT OR FLIGHT** system

HOW IT FEELS



HOW YOU REACT

How you **REACT** to the symptoms of a panic attack can **TRIGGER** more intense symptoms of panic

This results in a **FEEDBACK LOOP** in which symptoms escalate

You can **STOP THIS LOOP** by learning to **CHANGE YOUR REACTIONS** and change your relationship with anxiety



PAST EVENTS

Major life events, such as a trauma, and things we have learned can leave us more vulnerable to panic



CURRENT STRESS

Panic attacks seem to be brought on by extended periods of stress



LIFE TRANSITIONS

Changes are hard! Many people have a first attack during a big life change



YOUR GENETICS

Don't blame your parents, but your genetics have play a big role in the likelihood that you will have panic attacks

Panic attacks last an average of 30 minutes

30m

15% of the 140 million visits to the E.R. every year are attributed to a panic attack

21M

On average, people have their first panic attack in early adulthood

25y



Hello! I am Dr. Kristin Vaughn.

I am a clinical psychologist and I have suffered from anxiety and panic attacks for many years.

I teach young adults who struggle with panic how they can change their relationship with anxiety and get their life back.

LEARN MORE about the anatomy of a panic attack by visting me online where I will step you through this infographic in a unique in-depth video experience.

Head over to hellopanic.com to get started!

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