

MY PANIC ATTACKS

1. These are my thoughts
2. I'm not a professional



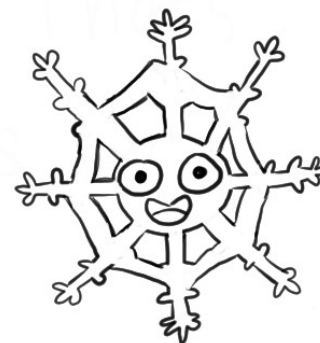
Panic attacks are episodes of intense anxiety with physical symptoms. Panic attacks are unique. Like... snowflakes!



Irritability!



Shaking!



Snowflake!

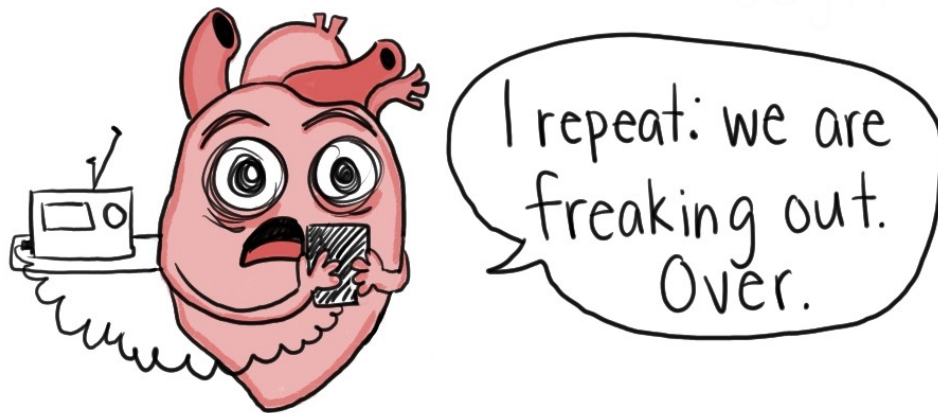
Panic attacks are physically, emotionally, and mentally exhausting. They can occur without warning or be linked to certain situations/stimuli.



Now for the real fun. I'm going to describe what my panic attacks look like!

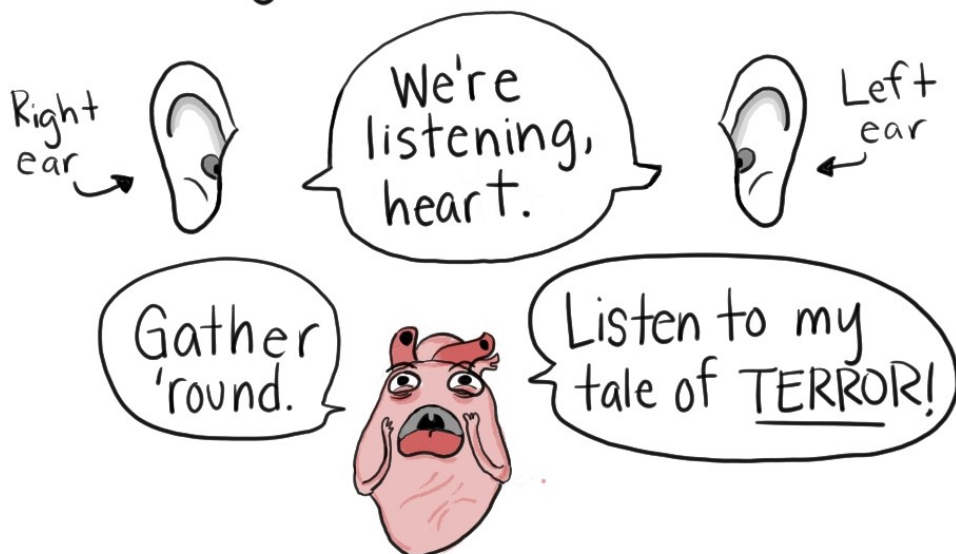


My heart races at the start of my attacks.



It's like my heart wants to squeeze through my ribs.

My ears join the party next. I become hyperaware of my heartbeat - but I can't hear anything else.



After I lose my hearing,
I experience tunnel vision.



Normal vision



Tunnel vision

It's like being thrown into
water. Dark and disorienting.

My panic attacks always follow
that path:

1. Pounding heart ✓
2. Decreased hearing ✓
3. Tunnel vision ✓

Steady breathing can keep me
at #1. If I manage to reach
#3, I am guaranteed to have
a full-blown panic attack.

My panic attacks give me
all sorts of symptoms!



Hyperventilating



Nausea



Paranoia



Dizziness



Sweats



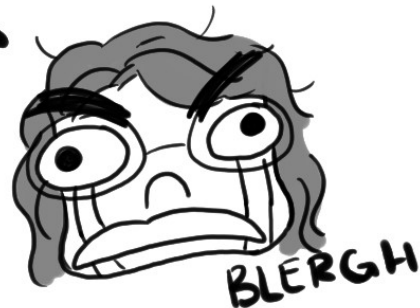
Chills

The most debilitating part of
my panic attacks is the gagging.
The heaving. I sound like a lawn
mower that's going to throw up.

BLERRRR

BLERRRGH
BL-BLERGH

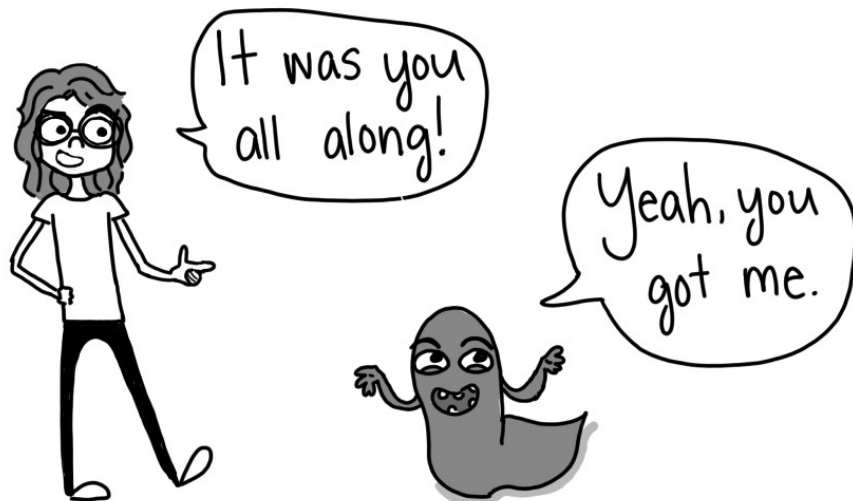
BLERRGHY-BLERGH



I started having panic attacks when I was 10. I missed a lot of school because I always thought I had the stomach flu.



It wasn't until I was 19 that I realized the heaving was a symptom of my panic attacks.



It was freeing to connect the two!

I have fewer attacks thanks to Lexapro. If I do have an attack, I eat food and stay near a toilet/trash can in case I need to vomit.*



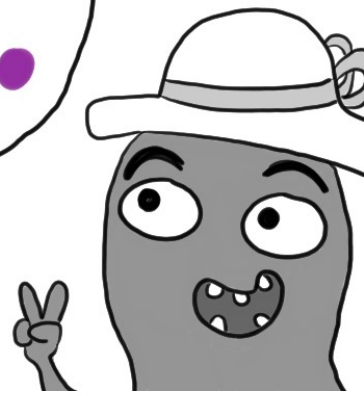
*I've actually never vomited during an attack-whew!

I'm bad with conclusions. All I can say is that panic attacks are natural. They happen.

They go away. Sometimes they return, and that's okay!



THE
END!



Fun fact: I ate half a bag
of pretzels while working
on this piece. All the
BLERGHs made me a
little gag-y. 😊

