

# Suffer Panic Attacks



Location

**South East, Middlesex**

<https://www.freeadsz.co.uk/x-192585-z>



What are Panic Attacks. A panic attack is a intense sense of psychological and physical feeling's of panic and fright, which can happen suddenly, often for no clear reason. Panic attacks usually last between five and 20 minutes, and although it may feel as though you are in serious trouble, they aren't dangerous and shouldn't cause any physical harm. It is unlikely you will be admitted to hospital if you have a panic attack. You may feel an overwhelming sense of fear and a sense of unreality, as if you're detached from the world around you. As well as psychological symptoms, you may also experience physical symptoms of panic, such as: a sensation that your heart is beating irregularly (palpitations)sweatingtremblingshortness of breathachoking sensationchest painfeeling sick The physical symptoms of a panic attack are caused by your body going into "fight or flight" mode in response to something you think is a threat. As your body tries to take in more oxygen your breathing quickens. Your body also releases hormones, such as adrenaline, causing your heart to beat faster and your muscles to tense up. For Help with panic attacks call us now on Call us today on: &nbsp;



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