

panic self help guide nhs

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Area of body	How anxiety can affect it
Head	Mind races, increased worry levels, headaches, feel faint or light headed, feel unreal
Face	Face goes red or blushes
Eyes	Blurred vision, 'spots in front of eyes', become disorientated
Mouth	Becomes dry, speak more quickly, hard to swallow
Neck and shoulders	Become tense and stiff, muscular pain
Arms and hands	Tingling sensations, feel numb
Respiratory system	Breathing speeds up, take deeper breaths, harder to breathe
Chest	Becomes tight and painful, heart pounds / skips a beat
Lower abdomen	Stomach churns, need to rush to the toilet
Digestive system	Digestion slows, feel sick
Legs	Feel wobbly or 'like jelly'
Feet and toes	Tingling sensations, feel numb
All over	Feel hot, sweat

If you experience symptoms of anxiety it is likely that you will recognise many of the feelings, physical symptoms, thoughts and behaviour patterns described below.

Option for the Trust to develop Applications with a name of your choosing. Applications will display information from the Self Help Guides website.

Are anxiety and fear interfering with your everyday life? Have you had a panic attack? These articles will help you sort out the symptoms, in yourself or your child.

Citalopram survival guide Citalopram / Celexa. Aut viam inveniam aut faciam Fasten your seatbelts. Recovery is a bumpy ride.

4 This booklet aims to help you reduce your panic attacks by helping you to: Recognise whether or not you are having panic attacks. Understand panic, what causes it.

Do you feel anxious or self conscious during social situations (e.g. parties; eating in public; or one to one conversations)? Do you find it hard to participate in.

Take this quick quiz, designed to guide you to useful resources that can help you better understand how you feel

If you have panic disorder, there are several self-help techniques you can use including slow, deep breathing, relaxation techniques and visualisation.

You can now review our self help guides. Review. x

Wellbeing Glasgow - A better you, for a brighter tomorrow. Homepage The South Glasgow Wellbeing Services consists of psychologists, cognitive-behavioural.