

PANIC ATTACKS



Product Syllabus:

- The 'fight or flight' response
- What are panic attacks?
- Who experiences panic attacks
- Myths
- Triggers
- Adrenaline
- Causes
- Fear of panic attacks
- Phobias
- Who is at risk?
- Panic disorder
- Symptoms
- The panic attack itself
- Where they occur
- How long they last for
- What to do if someone is having a panic attack
- Hyperventilation
- Anxiety
- Consequences of panic attacks
- Breathing
- Medication
- Cognitive Behavioural Therapy
- Lifestyle

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