

The Anatomy of a Panic Attack

November 18, 2022

Panic attacks revolve around terror. Though people mainly associate them with the mind, they're actually constellations of symptoms, both physical and cognitive. Your brain is seized by fear; your body responds, and it can be hard to make sense of it all.

What is a panic attack?

Most experts define a panic attack as a sudden onset of intense fear, as opposed to a condition like general anxiety, which usually manifests as almost constant worry.

People having panic attacks are bombarded by [mental and physical symptoms](#), which can vary from person to person.

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