The Anatomy of a Panic Attack

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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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