



# Combat Panic Attacks: Expert Tips for Immediate Relief

## Description

Don't worry - a distinguished psychiatrist is revealing his three-step approach to managing a panic attack.

Panic attacks, characterized by sudden episodes of intense anxiety with physical symptoms, are quite common. According to experts, one in 10 Americans will experience a panic attack this year.

Dr. Daniel Amen, a highly qualified psychiatrist and brain-imaging researcher from California, recommends staying in the situation when a panic attack occurs. Focus on breathing and changing negative thoughts into positive ones.

Panic attacks, characterized by sudden episodes of intense anxiety with physical symptoms, are quite common. terovesalainen – stock.adobe.com

"The most crucial thing is not to leave, as letting anxiety control you," Amen stated in a 48-second TikTok video that garnered a million views. "Remember, you're not in danger. You'll be fine. Don't run away."

Amen suggests breathing in for four seconds, holding for a second or two, exhaling for eight seconds, and holding for another second or two.

Psychiatrist Daniel Amen recommends staying in the situation when experiencing a panic attack. Focus on breathing and changing negative thoughts into positive ones. tiktok/@docamen

"By doing 10 of these breaths, the intensity of the panic attack will significantly decrease," Amen assured.

Next, work on reframing negative thoughts.

"Write down your negative thoughts - like the plane is going to crash, then flip it - the plane won't crash," advised Amen. "Focus on the positive flip rather than the fear."

Some of Amen's 2.7 million TikTok followers shared their own panic attack coping mechanisms in the comments section.

"Putting something cold on my neck always helps me so much," one woman shared.

"Grounding myself by feeling my feet planted firmly helps me," another person mentioned.

"Visualizing reaching my destination before leaving helps me when I anticipate a panic attack, like when flying," added a third user.

"Sour candy can also help alleviate a panic attack," declared a TikTok user.

If experiencing severe chest pains, it's advisable to seek medical assistance. LIGHTFIELD STUDIOS - stock.adobe.com



Panic attacks typically subside within half an hour. If they persist, consider seeking medical attention.

Additionally, seek medical help if you are hyperventilating severely, experiencing chest pains, having breathing difficulties, feeling dizzy or lightheaded, or having thoughts of harming yourself or others.

[//www.tiktok.com/embed.js](https://www.tiktok.com/embed.js)

## Vocabulary List:

1. **Panic** /'pænik/ (noun): A sudden overwhelming fear or anxiety.
2. **Reframe** /rɪ'freɪm/ (verb): To change the way something is expressed or considered.
3. **Intensity** /ɪn'ten.sɪ.ti/ (noun): The quality of being very strong or severe.
4. **Coping** /'kʌp.ɪŋ/ (verb): Dealing effectively with something difficult.
5. **Hyperventilating** /,haɪpər'ventɪ,leɪtɪŋ/ (verb): Breathing at an abnormally rapid rate.
6. **Alleviate** /ə'li:vi.ət/ (verb): To make something less severe or serious.

## Comprehension Questions

### Multiple Choice

1. What is a panic attack characterized by?  
Option: Sudden episodes of intense anxiety  
Option: Sudden episodes of happiness  
Option: Sudden episodes of anger  
Option: Sudden episodes of sadness
2. Who is the psychiatrist mentioned in the text?  
Option: Dr. John Smith  
Option: Dr. Daniel Amen  
Option: Dr. Emily Johnson  
Option: Dr. Sarah Williams
3. What is one of the recommended steps to manage a panic attack?  
Option: Leaving the situation immediately  
Option: Focusing on negative thoughts



Option: Staying in the situation and focusing on breathing

Option: Ignoring the symptoms

4. How long should one exhale according to Dr. Amen's recommendation?

Option: 4 seconds

Option: 6 seconds

Option: 8 seconds

Option: 10 seconds

5. What is the approximate time it takes for panic attacks to subside?

Option: 15 minutes

Option: 30 minutes

Option: 1 hour

Option: 2 hours

6. What should one do if experiencing severe chest pains during a panic attack?

Option: Seek medical assistance

Option: Ignore it

Option: Take deep breaths

Option: Try home remedies

## Answer

**Multiple Choice:** 1. Sudden episodes of intense anxiety 2. Dr. Daniel Amen 3. Staying in the situation and focusing on breathing 4. 8 seconds 5. 30 minutes 6. Seek medical assistance

## Vocabulary quizzes

**Multiple Choice ( Select the Correct answer for each question. )**

1. Which word means extremely painful or intense?

Option: Excruciating

Option: Complications

Option: Alleviate

Option: Consumption

2. Which word means failure to take proper care?

Option: Negligence

Option: Culprit



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Option: Silicosis  
Option: Collaborative

3. Which word describes breathing too quickly or deeply?

Option: Hyperventilating  
Option: Panic  
Option: Reframe  
Option: Mortality

4. Which word refers to the ability to be maintained at a certain rate?

Option: Sustainability  
Option: Ordeal  
Option: Incidence  
Option: Prevalence

5. Which word relates to the heart and blood vessels?

Option: Cardiovascular  
Option: Consumption  
Option: Surge  
Option: Micro-simulation

6. Which word means persisting for a long time or constantly recurring?

Option: Chronic  
Option: Intensity  
Option: Dysmorphia  
Option: Incidence

7. Which word means the proportion of a population found to have a condition?

Option: Prevalence  
Option: Surge  
Option: Regulations  
Option: Complications

8. Which word refers to the imitation of a situation or process?

Option: Simulation  
Option: Colorectal  
Option: Silicosis  
Option: Predispose

9. Which word signifies the quality of being extreme in degree?

Option: Intensity  
Option: Coping  
Option: Surge



Option: Alleviate

10. Which word means to make suffering deficiency or a problem less severe?

Option: Alleviate

Option: Mortality

Option: Panic

Option: Refill

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. The surgery was successful but there were unexpected \_\_\_\_\_ afterwards.

12. Going through a divorce can be an emotional \_\_\_\_\_ for many people.

13. There was a sudden \_\_\_\_\_ in demand for the product after the announcement.

14. The doctors informed the patient that the disease was \_\_\_\_\_.

15. The government introduced new \_\_\_\_\_ to improve workplace safety.

16. The researchers used \_\_\_\_\_ to model the impact of policy changes on traffic flow.

17. The study focused on the factors affecting infant \_\_\_\_\_ rates.

18. Excessive sugar \_\_\_\_\_ is linked to various health issues.

19. The new medical center specializes in the treatment of \_\_\_\_\_ disorders.

20. Patients with body \_\_\_\_\_ often have a distorted perception of their appearance.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. During emergencies it is important not to give in to fear and .
22. The movie carried a message about the consequences of reckless driving.
23. The project's success was due to the efforts of the team members.
24. The of the disease has been increasing in recent years.
25. Genetic factors can individuals to certain health conditions.



26. After thorough investigation the police identified the behind the robbery.
27. Workers exposed to silica dust are at risk of developing .
28. The of the storm caused widespread damage in the coastal area.
29. There was a sudden in donations after the fundraising event.
30. Promoting renewable energy is crucial for the long-term of the planet.

## Answer

**Multiple Choice:** 1. Excruciating 2. Negligence 3. Hyperventilating 4. Sustainability 5. Cardiovascular 6. Chronic 7. Prevalence 8. Simulation 9. Intensity 10. Alleviate

**Gap-Fill:** 11. complications 12. ordeal 13. surge 14. incurable 15. regulations 16. micro-simulation 17. mortality 18. consumption 19. colorectal 20. dysmorphia

**Matching sentence:** 1. panic 2. cautionary 3. collaborative 4. incidence 5. predispose 6. culprit 7. silicosis 8. intensity 9. surge 10. sustainability

## CATEGORY

1. Health - LEVEL5

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