

# PANIC ATTACK



## What is Panic Attack?

A panic attack is a brief episode of intense anxiety, which causes the physical sensations of fear.

## How PISTA can help?

- Physical symptoms will be lessen.
- Coping mechanism will improve.
- Helps you to live with the fear and to be aware it exists.
- Helps you to keep track of the improvement of developing your own innovative ways of embracing fear.

## PISTA Treatment

1. Three(3) EP (Entry Point) daily
2. Daily report

Three steps to stop the panic attack:

- High speed of sound -30 seconds
- Medium speed - 30 seconds
- Low speed - 30 seconds

**Alternate the speed until symptom subsides.  
Repeat this daily to practice in  
anticipating the occurrence of the attack.**

## SYMPTOMS

### MILD

- Vomitting
- Dizziness
- Headache
- Trembling
- Stomach pain
- Fast hearbeat
- Wobbling legs
- Fainted feeling
- Unable to breath
- Fear of getting out of the house

### MILD TO SERIOUS

- Denial
- Doing less,
- Anxiousness
- Justification
- Defensiveness
- Difficult to develop relationship
- Avoidance in connection
- Reduces social activities
- Not accepting more relationships