A PAUSE, A PRACTICE, A NEXT STEP

Panic Disorder

When fear of the next panic attack changes your life.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What it feels like

Your heart may race, your body may shake, or you may feel dizzy or out of control. You might begin avoiding places linked with past attacks.

01 / Notice and reflect

What does my existing care plan suggest?

02 / Notice and reflect

Who could help me get treatment?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek urgent medical care for new or severe chest pain, fainting, or breathing difficulty. Do not assume these symptoms are panic.

Read more: NIMH · Panic disorder

More tools and immediate support: Our Healing Room / Crisis Support.