

Common physical symptoms of panic

- A racing heart
- Feeling faint and dizzy
- Feeling short of breath
- Feeling sick or nauseous
- Feeling that you need to get to a toilet in a hurry
- Experiencing hot flushes
- Experiencing numbness or tingling in your fingertips or toes
- Feeling disconnected from your environment as if you're not really there, or your environment is somehow different or strange

- Sweating, particularly on the palms of your hands, in your armpits and/or on your brow
- Feeling shaky



Any other physical symptoms (list them here)