

A NEW DAY PEDIATRIC PSYCHOLOGY

Healing the hurt. Educating the mind. Inspiring the soul.

PANIC ATTACKS: OVERCOMING ANXIETY



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FEATURED WRITER

A New Day Pediatric Psychology, PLLC falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.



Panic attacks are described as physical responses derived from fear. For example, if someone is feeling frightened about a situation and is reacting to the fear physically, it is likely that the individual may be experiencing a panic attack. Symptoms of panic attacks include: rapid heart rate, trembling, sweating, shortness of breath, chills, hot flashes, nausea, abdominal cramping, as well as other symptoms. Panic attacks can be caused by genetics, stress, and changes in brain function.

One way to take control of panic attacks is by validating emotions and realizing that it is okay to have these feelings, but it is also important to perceive the situation in a different manner. For example, if a person lost their job and is experiencing anxiety about how they are going to pay their finances, it is natural to think: "I did not want this to happen and this is a crummy situation."



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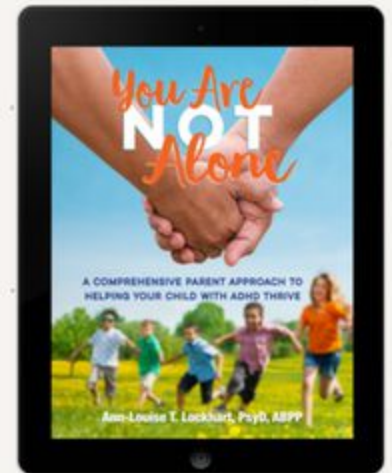
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However, by viewing the issue differently and saying: "This will give me more time to spend time with my family and do something I enjoy, as well as find a better job that fits my interests." Changing the mindset in the midst of a negative situation can greatly decrease the possibility of a panic attack occurring.

In order to assist a child or adult who is experiencing a panic attack, it is crucial to allow them to feel what is happening, but also talk with them throughout the process. Many people believe that it is helpful to tell a person to calm down during a panic attack. In reality, this is implying that the person's thoughts and feelings are not real and do not need to be validated. Panic attacks can be debilitating if they are not treated effectively. It is highly recommended to see a mental health professional to receive counseling and skills to learn how to cope with panic attacks in a healthy manner. Panic attacks do not have to take control of one's life if they are taken care of immediately. People are more than their anxiety and can overcome their fears.

**Have you tried everything and nothing works?
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This newsletter is issued every first and third week of each month.

The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.

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