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Panic Attack Symptom - How Do I Help Someone Having a Panic Attack

Panic Attack Symptom - How Do I Help Someone Having a Panic Attack

A [Panic Attack Symptom](#) can occur to anyone with no warning. So whenever somebody had an attack, it's critical that you know what to do.

A panic attack symptom is a sudden surge of overpowering fear or foreboding. It is manifested by a few signs and symptoms.

Seek for emergency medical help. It is important to call for a health professional particularly if an individual experiences an attack for the first time.

Hyperventilation or trouble breathing could be a sign of asthma. Chest pain, increased pulse or tremors and sweating can be a heart attack. Talk to the person and define if the panic attack symptom is due to other medical conditions.

While waiting for help, find the cause of attack. Once it is established that the root of the symptoms is actually a panic attack symptom, find the source of the panic and take the person away from it. Do not make a presumption about what the person wants. A person who is afflicted by the attack may know exactly what to do or has medications that will get him through the attack, so it is best to ask.

Don't surprise the patient. Be predicted with your movements. Keep him calm and stay calm yourself. Assure the person with the panic attack symptom that everything is going to be fine but do not dismiss his fear by exclaiming 'it's all in your mind' or 'don't stress about it' or 'you are overreacting.' Take note that the fear is very real to the victim so it dismissing the horror has no effect or can even make the matter worse.

Help the patient to regulate his breathing. Many patients breathe heavily during an attack ; others hold their breath. Guide the person and let him know to breathe in for 3 slow counts. Do this numerous times until the individual is calm. You can also recommendation him to breathe into a bag. This way, he will re-breathe his carbon-dioxide. Carbon dioxide helps correct the blood acid level that had been disturbed by unnecessary breathing. But watch out when using paper bags since they may trigger another fear.

Stay with the person thru his tribulation. Never leave an individual particularly if he is having difficulty in breathing. Bide your time. They may act rude or uncongenial but don't forget that it is temporary and will go back to standard as soon as the attack is over.

Assure him the help is on the way. Never allow the patient to do things that will put his life in peril. It's far better to be safe than regretful when experiencing a [panic attack symptom](#).

[Panic Attack Symptom - Helping Others With A Panic Attack Symptom](#)

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