

PANIC

SYMPTOM CHECKLIST

Here are some common symptoms for panic
Remember, symptoms may look different for each person.

Difficulty breathing; shortness of breath

Pounding heartbeat

Dizziness, light-headedness

Upset stomach or nausea

Feeling like you are "going crazy" or losing control

Trembling or shaking

This is not meant to serve as a diagnosis, but as a tool to help you understand your symptoms better.
For a complete diagnosis, you should see a mental health professional