

Panic: Medical Realities vs. Common Fears

1. Common Fear: "I'm going to have a heart attack."

Medical Reality: Having extremely rapid heart rate with a panic attack can be really scary, but it's not dangerous. A healthy heart can beat up to 200 times a minute for hours, even

days, without being damaged. Unlike a heart attack, a panic attack does not deprive the heart of oxygen. If you're having panic attacks a medical doctor can test to ensure your heart is healthy. In the case of a heart attack, the primary symptom is continuous pain and

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3: Acknowledge **THREE** things you hear. This could be any external sound. If you can hear your belly rumbling that counts! Focus on things you can hear outside of your body.

2: Acknowledge **TWO** things you can smell. Maybe you are in your office and smell pencil, or maybe you are in your bedroom and smell a pillow. If you need to take a brief walk to find a scent you could smell soap in your bathroom, or nature outside.

1: Acknowledge **ONE** thing you can taste. What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?

This technique is one of many options you could use if you are feeling anxious or

overwhelmed. If anxiety is something that you struggle with regularly, and you continue to