#### PANIC DISORDER





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• What is panic?

• What happens in panic disorder?

What happens as a result of panic disorder?



#### Explanation of symptoms

• Fight & flight response

Carbon di-oxide washout





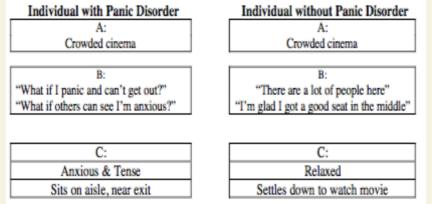


- Controlling anxiety: JPMR and other isometric relaxation exercises
- Stopping avoidance and gradual exposure
- Cognitive restructuring



# Cognitive restructuring ...the thinking errors

- A- event, B- thoughts in response, C – emotions
- Mislabeling or misinterpreting: emotion is appropriate to the thought but the thoughts are inappropriate ( label is incorrect.
- Misinterpreting physical sensations: s/s of panic are signs of immediate medical illness



Physical sensation	Common misinterpretation
Pounding heart	I'm having a heart attack
	I'm going to drop dead
Feeling short of breath	I'm going to stop breathing
	I'm choking
Feeling lightheaded	I'm going to pass out or collapse
	I'm having a stroke



#### ... the thinking errors

- Generalisation
- All or none thinking
- Using absolutes
- Condemning oneself on the basis of a single event
- Concentrating on weaknesses and forgetting the strengths
- Overestimating the chances of disaster
- Exaggerating the importance of events
- Pessimism
- Predicting the future



What is the evidence for what I fear?
How likely is what I fear to happen?
What is the worst possible thing that will realistically happen?
What alternatives are there?
How helpful is the way I'm thinking?



## ..after cognitive restruct

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Description of situation	Anxiety-provoking thoughts & initial anxiety rating	Realistic thoughts & subsequent anxiety rating
Catching an express train, where I couldn't get off if I wanted to.	I'll panic – being on a train makes be lose control and panic. I'll go crazy if I can't get out. What'll people think of me? If I can't get out I'll do something stupid or out of control. I won't cope. No-one else feels this way. I must be loopy to feel this way.	I probably won't lose control, I'll just feel anxious.  Even if I do feel anxious and uncomfortable, that doesn't mean the situation is dangerous.  I've never done something out of control on a train, and probably won't do something this time either. I can use my techniques to manage my anxiety  People won't notice me, and even if they do, they'll just think I'm a little tense



### ..after cognitive restruct

E.g. 2

Description of situation	Anxiety-provoking thoughts & initial anxiety rating	Realistic thoughts & subsequent anxiety rating
Walking into a train station, noticing a pounding heart, and gettting suddenly anxious.	I'm going to have a heart attack and die. I'd better sit down before I collapse. There is something physically wrong with me.	I'm experiencing an anxiety reaction. I'm not having a heart attack. The unpleasant physical sensations are due to anxiety, which I have learned to control. Breathing too hard will make the symptoms worse, which proves it is not a heart attack. I've never had a heart attack. I've never had a heart attack, collapsed or died as a result of a panic attack. I don't need to sit down, I can do my breathing exercise.