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*dizziness tingling and anxiousness  
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are the most extreme form of an anxiety  
response resulting from an over  
production and under use of the bodily  
chemicals which cause them This  
response is natural and physical it has  
nothing to do with mental illness or  
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begin suddenly without warning they can  
strike at any time — when you re driving a  
car at the mall sound asleep or in the  
middle of a business meeting you may  
have occasional panic attacks or they  
may occur frequently panic attacks have  
many variations but symptoms usually  
peak within minutes'

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at night with a knot in your stomach  
worrying about your job your family work  
your health or relationships do you suffer*

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themselves are not dangerous physically  
Panic attacks can occur due to a number  
of disorders including panic disorder  
social anxiety disorder post traumatic  
stress disorder drug use disorder  
depression and medical problems They  
can either be triggered or occur  
unexpectedly'

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