

## East Kent

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# Understanding Panic Attacks

A panic attack is an intense wave of fear characterized by its unexpectedness and debilitating, immobilising intensity. The Understanding Panic Attacks workshop aims to help participants to develop a better understanding of the signs and symptoms of panic attacks and how to put strategies in place to reduce or eliminate the symptoms of panic and to regain confidence.

The workshop promotes the use of cognitive coaching, self awareness and self reflection to enable you to identify your own way of managing panic attacks. With discussion, participation in peer support group activities and exercises you will be able to explore how to incorporate what you learn into your daily life to enable you to take small steps to regain more responsive control and to work towards sustained recovery.

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