

Anxiety or Panic Attack - Checklist

	Symptoms	Anxiety attack	Panic attack
emotional	apprehension and worry	✓	
	distress	✓	
	restlessness	✓	
	fear	✓	✓
	fear of dying or losing control		✓
	a sense of detachment from the world (derealization) or oneself (depersonalization)		✓
physical	heart palpitations or an accelerated heartrate	✓	✓
	chest pain	✓	✓
	shortness of breath	✓	✓
	tightness in the throat or feeling like you're choking	✓	✓
	dry mouth	✓	✓
	sweating	✓	✓
	chills or hot flashes	✓	✓
	trembling or shaking	✓	✓
	numbness or tingling (paresthesia)	✓	✓
	nausea, abdominal pain, or upset stomach	✓	✓
	headache	✓	✓
	feeling faint or dizzy	✓	✓