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Anxiety and Panic Attack Checklist

Here is a checklist of symptoms of generalized anxiety and/or panic attacks. If you experience four or more of these symptoms for longer than one month or if the symptoms are severe enough to interfere with your daily routine, you should see your doctor or a qualified mental health professional.

- Sudden onset of intense fearfulness, terror or feelings of impending doom
- Pounding heart or raised heart rate
- Sweating
- Trembling or shaking
- Shortness of breath or sensation of being smothered
- Nausea or abdominal distress
- Feeling dizzy, unsteady, lightheaded or faint
- Feelings of unreality or being detached from oneself
- Numbness or tingling sensations
- Excessive concern about the outcome of routine activities particularly those related to health, being separated from loved-ones or finances
- Muscle tension: jitteriness, jumpiness, muscle aches and fidgetiness, easy startled
- Strained face, furrowed brow, eyelid twitch, or clenched jaws
- Irritability/Impatience
- Chest pain or discomfort
- Fear of losing control or going crazy
- Fear of dying
- Chills or hot flashes
- Hyper-attentiveness resulting in distractibility and difficulty concentrating