



10 Signs of *Anxiety & Panic*

A guide for patients, families & caregivers in Mumbai

Anxiety is not just "stress" or "overthinking." It is a **recognised medical condition** that can significantly affect daily life, relationships, and physical health. When anxiety becomes persistent and overwhelming, professional help makes a real difference.

PANIC ATTACKS

A panic attack is a sudden surge of intense fear that peaks within minutes. Symptoms include racing heart, chest tightness, breathlessness, dizziness, and a feeling of losing control. **Panic attacks are not dangerous** — but they are extremely distressing and very treatable. They are not "attention-seeking" — they are a real physiological response.

10 WARNING SIGNS TO WATCH FOR

01 Excessive, uncontrollable worry

Persistent worry about everyday matters — health, work, family — that is hard to stop even when you try.

02 Restlessness or feeling on edge

A constant sense of tension, being keyed up, or unable to relax — even in safe, calm situations.

03 Rapid or pounding heartbeat

Heart racing or palpitations without physical exertion, especially in social or stressful situations.

04 Shortness of breath or chest tightness

Feeling unable to take a deep breath, chest heaviness, or hyperventilation during anxious episodes.

05 Muscle tension or trembling

Jaw clenching, neck or shoulder stiffness, hand tremors, or general body tension that doesn't ease.

06 Difficulty sleeping

Trouble falling asleep due to racing thoughts, or waking at night with a sense of dread or worry.

07 Avoidance behaviour

Deliberately avoiding places, people, or situations that trigger anxiety — which worsens anxiety over time.

08 Irritability and difficulty concentrating

Short temper, mind going blank, or difficulty focusing — even when the anxious person appears "fine" outwardly.

09 Sweating, dizziness, or nausea

10 Fear of losing control or "going mad"

Panic Disorder

Social Anxiety

Generalised Anxiety (GAD)

Persistent, excessive worry about many areas of life lasting 6+ months. The most common anxiety disorder.

Recurring unexpected panic attacks plus ongoing fear of having another attack. Very responsive to treatment.

Intense fear of social situations, judgment, or embarrassment — often mistaken for shyness or introversion.

FREE TOOL

Take the GAD-7 Anxiety Screening Quiz — a clinically validated, 2-minute self-assessment used by psychiatrists and GPs worldwide.

drpavansonar.com/anxiety



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Medical Disclaimer: This infographic is intended for general educational purposes only and does not constitute medical advice, diagnosis, or treatment. The information presented is not a substitute for professional psychiatric evaluation. If you or someone you know is experiencing anxiety or panic-related difficulties, please consult a qualified psychiatrist or mental health professional. In case of a mental health emergency, please contact your nearest hospital immediately.

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