

Steps to overcome panic attacks

Jennet: When I have a panic attack, it's like you go into tunnel vision. It seems like everything around you gets black and it just kinda goes in. Then you're for no reason, like nothing caused it, well in my cases, it would get caused maybe by large crowds if I'm dealing with them, like at work, and maybe the crowd is kind of rowdy but not really, but they're depending on me for whatever reason. I can't breathe. I have trouble breathing. I feel like I want to burst into tears. I just want to run away and just go cry, and I mean I'm shaking and nothing around me makes sense. It's just terrible and then I feel inadequate.

I did all this stuff before, like I've considered myself to be a strong person but here I am, I can't even handle a crowd of people.

Between the physical, I'm going through all of this, I can't breathe, rapid pulse, the world caving in. Emotionally I feel like crap. You know what I mean? Why am I doing this, you know what I mean. And I can't explain it to anybody. It's something where if my back was injured, you could see that. If I can't walk, I'm limping, you see that. But it's hard to describe like a mental issue because it's something that you can't physically measure. You can't see.

So, I ended up going to the VA and that's when I realized. This is something that is because of this. I mean I was already going, but I didn't see the importance, I didn't know it was as deep as it was and that's when I started to realize, well all of this makes sense you know what I mean. Because I just thought that I don't know. I guess you don't want to admit that there's something wrong with you, so that's when I realized it and since then like I take it serious and I just kind of try to get better. I really just try when that happens or before it happens really, just talk to someone.



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