

## What causes panic attacks?

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Although they may feel like they come "out of nowhere", panic is due to unconscious thoughts or feelings in response to distressing anxiety that sets you on course for an attack. Panic attacks usually arrive at a very stressful point in one's life or a time where stress has been steadily increasing.

Ultimately, it is one's thoughts that create a panic attack as one incorrectly responds to the anxious sensations of adrenaline and other chemicals in the body by labeling them alarmingly dangerous.

At our center, we help you create a new relationship with anxious feelings and their uncomfortable sensations so that you can begin to identify when you are in actual danger and when you're not. This marks the beginning of panic reduction moving towards panic banishment.