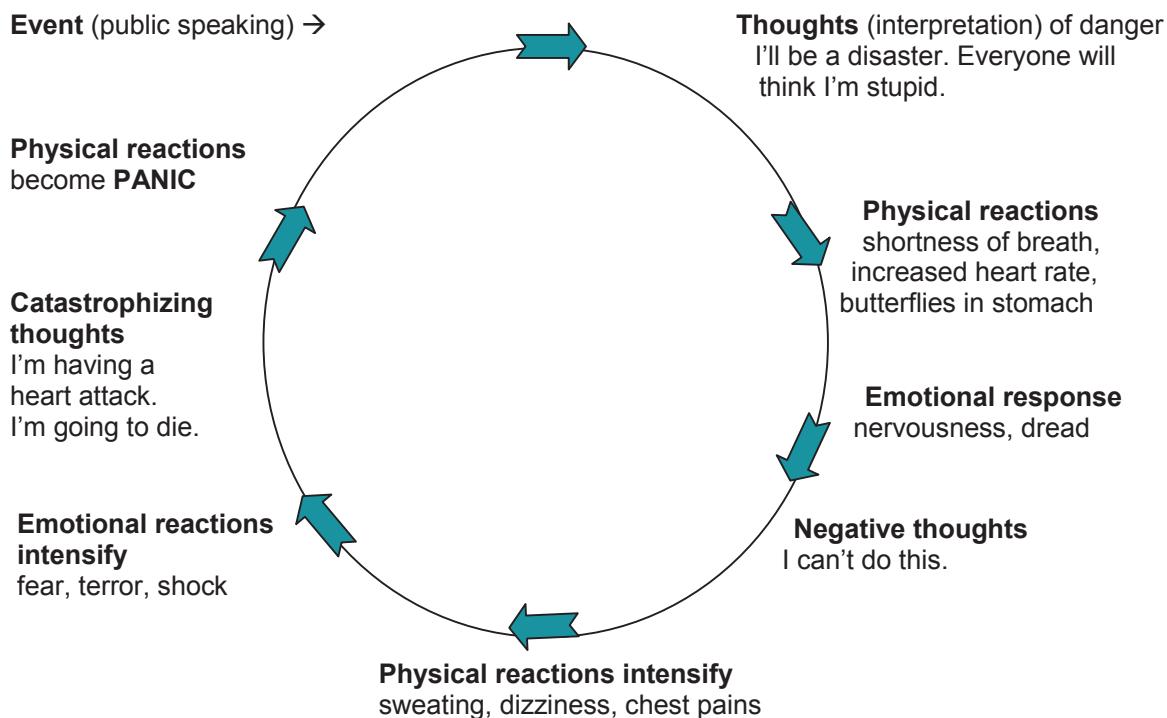


# Panic Circle



Anxious people are often overly aware, on guard and sensitive about normal body sensations. This increased focus on bodily sensations causes a negative loop between the body and the mind that leads to further anxiety and possibly panic.

Panic attacks certainly “feel” dangerous; however, our bodies are designed to deal with the increased adrenaline and eventually the symptoms will disappear as the body processes the adrenaline.