

Symptoms of Severe Anxiety and Panic

Symptoms of severe anxiety and panic linked with social anxiety disorder include:

- Fast heart rate and fast breathing
- Sweating
- Nausea
- Trembling and feeling weak in the knees
- Being unable to move or run away

Symptoms of panic include:

- Feelings of terror or hopelessness
- Chest tightness or chest pain
- Severe trouble breathing with a fear of choking
- Hot flashes or chills
- A sense of unreality (like being in a dream)
- Fear of losing control or going crazy
- Fear of dying

Help is available. For additional information, visit [MagellanHealth.com/MYMH](https://www.MagellanHealth.com/MYMH)