



YELLOWHAWK
TRIBAL HEALTH CENTER
BEHAVIORAL HEALTH

+ Yellowhawk Tribal Health Center
46314 Timine Way
Pendleton, OR 97801

+ P 541.966.9830
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+ www.yellowhawk.org

We understand there is a LOT going on in our world and you may feel uneasy, worried or overwhelmed. Dealing with the stress and anxiety of situations beyond our control is difficult.

There's a fine line between stress and anxiety/panic attacks. Both are emotional responses, and both can be caused by external triggers. Anxiety is a response to uncertainty and danger, and the trigger can be almost anything, or nothing in particular. Anxiety is your body's reaction to stress.

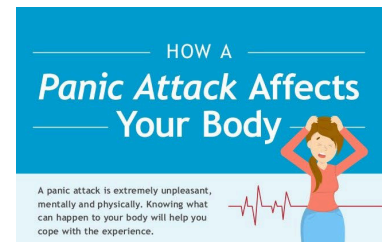
Do you sometimes have sudden attacks of anxiety and overwhelming fear that last for several minutes? Maybe your heart pounds, you sweat, and you feel like you can't breathe or think clearly. Do these attacks occur at unpredictable times with no apparent trigger, causing you to worry about the possibility of having another one at any time?

Panic attacks can be extremely uncomfortable. Although they're not typically physically harmful, they can take a toll on your mental health and stop you from doing the things you love. Don't be embarrassed to tell your healthcare provider that you have panic attacks. Your provider can help you overcome fears and anxieties that trigger attacks. Anxiety and panic attacks are very common and can get better with treatments like psychotherapy and medications.

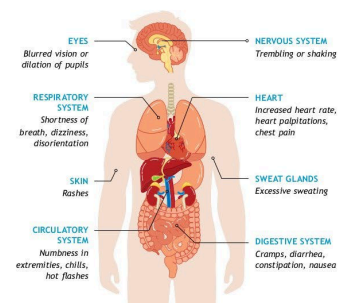
We have put together some information for our staff that may be dealing with anxiety or experiencing symptoms of extreme stress or panic attacks.

What are the symptoms of a panic attack?

- Panic attacks occur suddenly and without warning. Symptoms usually peak within several minutes after an attack starts. They disappear soon after. Signs of a panic attack include:
 - Chest pain.
 - Chills.
 - Choking or smothering sensation.
 - Difficulty breathing.
 - Fear of losing control.
 - Feeling like you're going to die.
 - Intense feeling of terror.
 - Nausea.
 - Racing heart.
 - Sweating.
 - Tingling or numbness in fingers or toes.
 - Trembling or shaking.



Physical Symptoms of a Panic Attack



How to Manage Your Symptoms



6 MILLION

Number of Americans affected by panic disorder (2.7% of the population).
adaa.org/about-adaa/press-room/facts-statistics



1 MILLION

Number of Americans who experience panic attack symptoms per month.
psychologytoday.com/us/articles/199307/panic-disorder

mindful
URGENT CARE

mindfulurgentcare.com



How can I prevent extreme stress, anxiety or panic attacks?

Your healthcare provider can help you identify triggers that bring on panic attacks. You can also take these actions to lower your odds of having a panic attack:

- Remember you can only control yourself and your actions.
- **Cut down your screen time. This includes cell phones and TV.**
- Cut back on caffeine.
- Exercise regularly.
- Eat a healthy diet.
- Manage stress.
- Get adequate sleep.
- Talk to your doctor before taking herbal supplements or over-the-counter medications. Certain substances can increase anxiety.

When should I call the doctor?

Some extreme cases of anxiety or panic attacks, have signs that can be confused with a physical problem like a heart attack. If you have chest pain or trouble breathing or lose consciousness, seek emergency medical care. You should call your healthcare provider if you have panic attacks and experience:

- Chronic anxiety that interferes with daily life.
- Difficulty concentrating.
- Extreme irritability.
- Fear of leaving your home (agoraphobia).
- Panic attack symptoms that last longer than 15 minutes.
- Sleep problems.

PANIC ATTACKS
Typically, Panic Attacks Last for About 30 Minutes

FACTORS

- Changes in life
- Smoking
- Excessive Caffeine
- Traumatic Event
- Stress

TIPS TO CALM DOWN DURING PANIC ATTACK

- Deep Breathing
- Listen to Music

SYMPTOMS

- Trembling or Shaking hands
- Heart Palpitations
- Sweating
- Hyperventilation
- Nausea or upset stomach
- Fear of Dying

Practice Mindfulness Write down your thoughts Seek Doctor's Help Use R.A.I.N Method Go for a Walk

www.calmsage.com

If you or someone you know is in immediate distress or is thinking about hurting themselves, call the National Suicide Prevention Lifeline toll-free at 1.800.273.TALK (8255). You also can text the Crisis Text Line (HELLO to 741741) or use the Lifeline Chat on the National Suicide Prevention Lifeline website.



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RESOURCES

Online Anxiety/Depression Resources

[Panic Disorder \(adaa.org\)](http://adaa.org) Anxiety and Depression Association of America

[Homepage - NAMI Oregon](http://nami.org) National Alliance on Mental Illness

Free Cell Phone App's (anxiety based self-help)

Calm Harm

Clear Fear

Breathwrk

National Helplines

National Suicide Prevention Lifeline toll-free at 1.800.273.TALK (8255)

Crisis Text Line (HELLO to 741741)

[Lifeline Chat: Lifeline \(suicidepreventionlifeline.org\)](http://lifeline.org) *988

Local Resources

Community Counseling Solutions

213 SW Emigrant Ave, Pendleton, OR 97801

Main Line 541.276.6074

Crisis line 24/7 service 541.240.8030

ccswebsite.org

Yellowhawk Tribal Health Center

46314 Timine Way

Pendleton, OR 97801

541.966.9830 (main line)

Behavioral Health Department

Monday to Friday 7:30 am - 4 pm

541.240.8670

We understand a large majority of our employees are not Yellowhawk eligible for services, CTUIR employees have access to the EAP (Employee Assistance Program) that offers free mental health services (amongst others). These benefits are available to yourself and your family members!