

Nervous Breakdowns & Panic Attacks

1. Stress induced depression
2. Anxiety/anxious
3. Psychiatric disorder
4. Emotional exhaustion
5. Stressor
6. Severe outwork
7. Breaking point
8. Sleep deprivation
9. Psychological burnout
10. Meltdown
11. Mood swings
12. Mental distress
13. Mood lability
14. Panic attack
15. To be on the brink of tears
16. Frustration
17. To trigger/cause a panic attack/depression
18. To subside
19. Hot/cold flashes
20. Perspiration
21. Shortness of breath/choking
22. Grief
23. Despair
24. Recover/ get over smth

25. Treatment for smth
26. Irrational fears
27. Stress management

Answer the following questions:

- Tell about your approach to life. Can you call yourself an optimist?
- How do deal with problems at work/ in your family?
- Is your job connected with stress?
- How do you handle stress situations?
- Do you often feel anxiety? What are you worried about?
- Have you ever suffered sleep deprivation? What was it about?
- Are you subject to depression? What can trigger depression for you?
- Have you ever had a panic attack? What was it connected with? What symptoms did you have?
- Do you suffer from mood swings? Can you explain why?
- Have you ever experienced a complete meltdown? How did you cope with it?
- How do you deal with other people's neurosis?
- Have you ever rendered moral support to anybody?
- Do you feel exhausted after dealing with other people's problems?
- What is a good moral support for you?
- What is your treatment for depression or nervous breakdowns?
- How can you avoid stress related situations?
- What irrational fears do you have? Do you try to overcome these fears? In what way?

Comment on the following statements:

“You must learn to let go. Release the stress. You were never in control anyway.”

– Steve Maraboli, *Life, the Truth, and Being Free*

“In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.”

– Fred Rogers, *The World According to Mister Rogers: Important Things to Remember*

“How well I know with what burning intensity you live. You have experienced many lives already, including several you have shared with me—full rich lives from birth to death, and you just have to have these rest periods in between.”

– Anaïs Nin