

Managing Physical Symptoms of Agoraphobia



Anxiety symptoms can feel alarming. Understanding the stress response can reduce the frightening story attached to them.

Common sensations

Palpitations, breathlessness, dizziness, sweating, shaking, nausea, chest tightness, tingling, urgency, hot or cold sensations and unreality.

Respond in the moment

Orient to what you can see, soften the jaw and shoulders, allow breathing to settle naturally, plant your feet, and name the sensation without predicting catastrophe.

Reduce the second fear

Try: "My body is activated. I do not have to like this. I can watch what happens next."

Check health concerns

New, severe, unusual or persistent symptoms deserve medical advice. Do not assume every physical symptom is anxiety, especially chest pain, fainting or breathing difficulty.

A quiet space to reflect

The sensation I notice first:

The meaning my mind gives it:

A neutral description:

One grounding anchor:

When I would seek medical help:

Use this resource at your own pace. Exposure work should never involve genuine danger or ignore medical, sensory or accessibility needs. Seek qualified support if fear is significantly restricting daily life.