

The Mayo Clinic web resource provided the following information (retrieved online 12 February 2021).

Panic Attack

Panic attacks typically include some of these signs or symptoms:

Sense of impending doom or danger

Fear of loss of control or death

Rapid, pounding heart rate

Sweating

Trembling or shaking

Shortness of breath or tightness in your throat

Chills

Hot flashes

Nausea

Abdominal cramping

Chest pain

Headache

Dizziness, lightheadedness or faintness

Numbness or tingling sensation

Feeling of unreality or detachment

Complicated Grief

Signs and symptoms of complicated grief may include:

Intense sorrow, pain and rumination over the loss of your loved one

Focus on little else but your loved one's death

Extreme focus on reminders of the loved one or excessive avoidance of reminders

Intense and persistent longing or pining for the deceased

Problems accepting the death

Numbness or detachment

Bitterness about your loss

Feeling that life holds no meaning or purpose

Lack of trust in others

Inability to enjoy life or think back on positive experiences with your loved one

Complicated grief also may be indicated if you continue to:

Have trouble carrying out normal routines

Isolate from others and withdraw from social activities

Experience depression, deep sadness, guilt or self-blame

Believe that you did something wrong or could have prevented the death

Feel life isn't worth living without your loved one

Wish you had died along with your loved one

Anxiety Disorders (General)

Common anxiety signs and symptoms include:

Feeling nervous, restless or tense

Having a sense of impending danger, panic or doom

Having an increased heart rate

Breathing rapidly (hyperventilation)

Sweating

Trembling

Feeling weak or tired

Trouble concentrating or thinking about anything other than the present worry

Having trouble sleeping

Experiencing gastrointestinal (GI) problems

Having difficulty controlling worry

Having the urge to avoid things that trigger anxiety

Objective symptoms: observable and/or measurable with established & often standardized means.