

Anxiety	Panic	
Duration	May be short or long	Typically short
Onset	Typically gradual	Typically sudden
Symptoms	Typically mild and may include: <ul style="list-style-type: none">• restlessness• irritability• muscle tension• difficulty sleeping• fatigue	Typically intense and may include: <ul style="list-style-type: none">• rapid heart rate• shortness of breath• nausea• dizziness• numbness

Table 17.7 Anxiety vs. Panic (Catchings, 2019)