

My Panic Attacks by Camille Forest and Raphaël Méthot

Introduction:

1. What is a **panic attack**?
2. Do you think a panic attack is harmless?
3. In which situation do you feel the most **stressed** or **anxious**?
4. Do you know someone who had a panic attack?
5. Do you think that people have panic attacks on purpose?
6. Did you ever **hyperventilate**?
6. What are your tips to relax when you're very stressed?
8. Have you ever helped someone during a panic attack?
9. Do you think you can die from a panic attack?
10. What are the physical effects of a panic attack?
11. Have you ever been in a situation where you wanted to **flee**?



Main idea: Rohan Healy, in his essay “My Panic Attacks, “ talks about his personal experience with panic attacks and gives some advice he uses to prevent them.

Production task:

Talk about the text. Use those questions.

What did you learn about the text? What surprised you? Will you consider using these techniques if you feel that you're about to have a panic attack? Do you agree with what the author said?

