

Innovative technologies in psychology.
«StopPanic» application.

Our modern world is very fast and unstable. This is an especially acute problem for residents of large cities, megalopolises, where everyone is in a hurry, new tasks pour in every day and people are simply afraid to stop. Constant stress and physical fatigue are not without consequences, both in physical and emotional health. One of the most common problems and requests of people that come to psychologists in recent years is panic attacks. A panic attack is an attack of sudden fear and severe anxiety for no apparent reason, with fairly clear symptoms: rapid heart rate and pulse, sweating, chills or a feeling of heat, tremors, shortness of breath and choking, dizziness, fainting, fear of death, and others. Excessive physical activity, overwork, abuse of stimulants and alcohol, stress and unresolved conflict situations can provoke an attack. Lack of understanding of one's own experiences and feelings, a tendency to avoid and ignore negative emotions also increase vulnerability to panic disorder.

The most important thing to do with a panic attack is to shift your focus. That is why I want to propose the development of a special mobile application "StopPanic". This application will contain a selection of special breathing exercises that psychotherapists often recommend when panic attacks occur. Also, many people switch from a seizure to their favorite music, which people focus on better, so the application is synchronized with music applications or playlists from the user's social networks and will select the most suitable tracks. It will not do without visual exercises, where you will also need to focus your attention - simple texts, light examples. Simple physical exercises, such as clenching and unclenching the palms, counting fingers, which will be displayed in the form of voice instructions, also help. The application will be synchronized with the watch, allowing the user not to search for the desired functions during an attack, for example, in transport, but to instantly connect using the application fixed on the watch and turn on music / listen and exercise / display text on the screen for reading.

This application will help people with chronic anxiety and panic attacks to endure panic attacks much less painfully and will also help to bring themselves back to normal even in public places.

