

Carson Daly reveals his longtime struggle with panic attacks

Carson Daly has quietly dealt with panic attacks for years — and he's now speaking out in hopes of helping those who struggle with the same thing.

The veteran TV personality says he's been a major worrier ever since he was a kid, but experienced his first panic attack as an adult when he was working for MTV.

"I had a hard time breathing. I was terrified for no apparent reason," Daly recalled in a video that aired Friday on the ["Today"](#) show, noting he had "no idea" what he was going through.

Daly — the host of MTV's "Total Request Live" from 1998 to 2002 — says he continued to experience panic attacks over the years, and even ended up in the hospital, where he learned he was physically fine.

[Kevin Love lauded after revealing battle with panic attacks](#)

The anxiety isn't simply the result of working a high-pressure TV job, Daly said. He's experienced similar attacks while he's at the park with his family to the point where he needed to leave.

"At times I feel like there's a saber-tooth tiger (on my chest)," Daly said. "And it's going to kill me, attack me and bite my head off. I'm scared as if that's really happening. You feel like you're dying."



(Jordan Strauss/Jordan Strauss/Invision/AP)

Daly, 44, suffers from a condition called generalized anxiety disorder. He says he's managed to embrace the struggle and accept that it's the way he's "hard-wired."

"It's something that I can't change about myself, and in fact, it's okay, I've learned to embrace it," Daly began Friday's segment. "And hopefully, by just being honest and opening up, it will inspire others to do the same."

[Carson Daly loses his stepfather just weeks after mother's death](#)

Daly, who has worked for NBC since 2003, said Friday that he felt motivated to share his story after Cleveland Cavaliers forward Kevin Love [opened up about his experiences](#) with anxiety in a first-person essay published by [The Players' Tribune](#).

In that article, Love explained why he wanted to bring attention to his history with panic attacks.

"If you're suffering silently like I was, then you know how it can feel like nobody really gets it," Love wrote. "Partly, I want to do it for me, but mostly, I want to do it because people don't talk about mental health enough."

<http://www.nydailynews.com/entertainment/tv/carson-daly-reveals-longtime-struggle-panic-attacks-article-1.3865295>