

ANXIETY AND PANIC ATTACKS

There is help.



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ANXIETY AND PANIC ATTACKS



Anxiety and panic attack can occur at a moment's notice even when you have never experienced the symptoms before. Some people may find themselves in the midst of an attack as their very first indication that there is a problem. Sometimes the anxiety and panic attack reoccurs and other times it simply vanishes never to return.

The symptoms of these kinds of episodes are quite difficult to pinpoint. You may think that you are having a type of anxiety and panic attack when you are simply experiencing a great deal of stress. Stress can have profound ramifications on a person's body. The powerful state can lead to emotional and physical symptoms.

These emotional and physical symptoms often mimic the ones found in anxiety and panic attacks. You may find yourself short of breath. Some people complain that they feel as if they can't breathe when they are experiencing an anxiety and panic attack. The inability to breathe freely adds to the stress which leads to progressively greater symptoms in turn.

A common feeling among those who have experienced such episodes includes pains in the chest area. In fact, many people suffering an anxiety and panic attack often think that they are experiencing a heart attack. The common complaint is tightness and pain in the chest which leads to the obvious worry of heart failure.

Another common complaint shared by many people who have had an anxiety and panic attack is an overwhelming feeling of dread. Many of these individuals have the inescapable feeling that something horrible is going to happen. This occurrence is completely out of their control and it is very frightening.

The feeling of dread, chest pains and shortness of breath make this kind of episode very scary for anyone who experiences it. Anxiety and panic attack is quite terrifying for these individuals and the symptoms feed into the fear making the whole experience awful. The very symptoms can cause the attack to worsen.

Many people become so stressed during situations that mimic the ones that they were involved in during their last anxiety and panic attack that they throw themselves into a similar state, leading to another episode. For example, if someone has an episode in a crowded store, she may be more likely to have another anxiety and panic attack in a similar atmosphere.

Some people luckily never experience anxiety and panic attack. Others have a single episode during a time of great stress and other less fortunate individuals face these attacks on a weekly, even daily basis.

ANXIETY TREATMENTS



As you might imagine, in our increasingly neurotic society, there are many anxiety treatments available today. But, though most people in America might hesitate to admit it, more choices does not necessarily mean better. With alternative therapy, counseling, medication, meditation, nutrition, and anxiety support groups all competing as anxiety treatments, and with each one claiming that it is the best, sometimes to the exclusion of any other, it can be difficult to find out what is the right option for you.

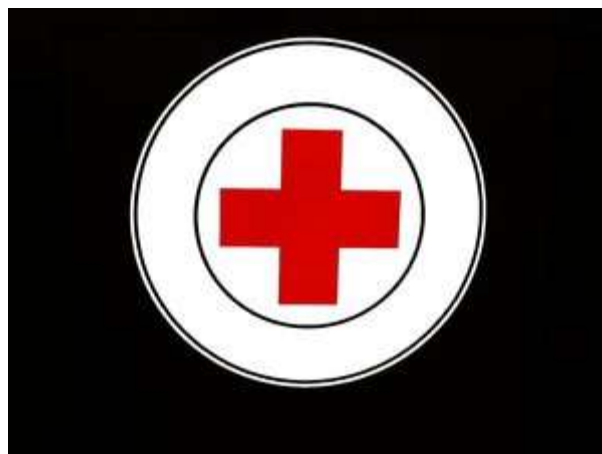
When I used to have anxiety attacks, there was nothing more terrible, and I was willing to try anything for just a little relief. I was a poor student, unable to afford expensive counseling, and so the only anxiety treatment available to me was drugs. I used prescription drugs like Xanax, Librium, and Valium, as well as non-prescription self-medication with pot and alcohol. But all these anxiety treatments did was create a cycle of dependency, whether they were doctor prescribed, or self-administered. Although sedatives can be a great relief from a sudden anxiety attack, in the long run they make you even more unable to cope with your problems.

After these, and several other anxiety treatments, I finally discovered meditation. No matter what problems you face in your life, meditation is really a panacea. The only problem is that it requires a lot of self discipline and at least an hour a day time commitment. For a while, I tried more conventional anxiety treatments, such as therapy, but I found these unsettling. I could talk about my problems, and that

provided some kind of relief, but although the strength of the anxiety attacks decreased somewhat, they still persisted until I got into meditation. Many people will say that you need to go to a doctor for anxiety treatments, but these people have not discovered the do-it-yourself method of calming the mind and body which I have profited from personally.

Nonetheless, until whatever anxiety treatments you have chosen to employ have really done their trick, it is wise to obtain some Xanax from your doctor, so as to be prepared for any emergency. You may be plagued by anxiety attacks, and just knowing that if they do come, you have a quick and easy way to stop them is really a precious bit of reassurance. Whatever anxiety treatments you are using, it is still best to have an emergency weapon against the dreaded panic attack.

OTHER IMPORTANT INFORMATION



Anxiety disorder affects many people on a daily basis. It can co-exist with other disorders as well, such as depression and many of the same antidepressant medications are used for anxiety treatments. The symptoms experienced by persons with anxiety or panic disorder can be different and occur with varying severity, which is why anxiety treatments must be individualized for each patient.

Some of the most common symptoms that people with anxiety experience are heart palpitations, fast heart rate, numbness and tingling in arms and hands, shortness of breath, dizziness, disassociation with present surroundings, terror, and fear of impending doom. These feelings are all too real to people who are experiencing an anxiety or panic attack. There is also great fear afterward of another attack; agoraphobia is common and many of these people do not want to leave their homes for fear of having an attack in public in front of strangers. Home is safer and anxiety attacks are less likely to happen in more comfortable surroundings.

Anxiety treatments can be very simple if contributing factors, such as caffeine intake or use of other stimulants that are contributing to the panic attacks. Stress is another common denominator that plays a significant role in anxiety disorder. Stress triggers the release of the hormone cortisol from the adrenal glands, which in turn stimulates the “fight or flight” reaction in our bodies. Eventually, neurotransmitters in the brain can’t keep up with the continued assault and a chemical imbalance results. Serotonin, norepinephrine, and dopamine are the

three neurotransmitters that have been found to play a significant role in mental disorders such as depression and anxiety. The newer antidepressants make more of these chemicals available in the brain alleviating symptoms, which is why anxiety treatment usually involves use of an antidepressant. Anti-anxiety medications are also prescribed to control symptoms and feelings of panic that can still occur until the antidepressant starts to become effective, which can be two to four weeks from initiation of treatment.

Most patients respond very well to anxiety treatments; antidepressants and anti-anxiety medications when incorporated with psychotherapy and some life style modification are very beneficial. Relaxation techniques are also a great treatment for anxiety and can be done anywhere any time. Slow rhythmic breathing will slow the heart rate and lower blood pressure as well as enhance relaxation and calm feelings of anxiety. Other effective anxiety treatments include biofeedback, meditation, and exercise, as well as stress reduction, lowering caffeine intake, or any other chemical or substance that is being ingested that could be a contributing factor. If you or someone you know is suffering from panic disorder, get help with effective anxiety treatments. For more information about anxiety treatments that work consult a mental health care provider to get back into life and stop being paralyzed by panic.

For more information on
how to treat general anxiety disorders,
please visit
[http://generalanxietydisordertreatment.org/.](http://generalanxietydisordertreatment.org/)

