

Panic And Anxiety Attacks

Important Information
Everyone Should Know...

PART I:

What Causes Your Panic Attacks?

I have a question for you. **What do you think is precipitating your panic attacks?**

For some of us, panic can be fueled by:

- Caffeine, nicotine, and other drugs that give you arousal symptoms that a person with a tendency to panic, might interpret to be dangerous - symptoms like irregular heartbeat, jitteriness, and lightheadedness
- Stress that has been building over time; chronic stress of a difficult situation or life circumstance that causes a sense of loss (abuse, divorce, death, etc); or acute stress that is triggered by a specific phobia such as finding yourself in close quarters when you are claustrophobic, or having to make a speech when you have a fear of public speaking
- Stuffing your real emotions (anger, sadness, frustration, etc) might leave you "looking okay" to others, but inside you literally start to "boil over"

Biting your tongue might save your job, but it also might bring on a panic attack. There are ways to manage difficult emotions without sacrificing yourself

I know that some of the worst panic attacks I've ever had seem to have come out of nowhere and

were difficult, if not impossible, to trace to a source.

If you've ever been awakened out of a sleep in panic and terror for "no reason" you can relate to what I'm saying here.

Although "out of the blue" panic is common, it is still very frustrating! At least if you know WHY you are panicking you can make sense of it and deal with it at times, right?

The fact is, whether you can trace back your panic or not, some of the same strategies for relief when you are having a panic attack apply.

Here they are:

* (Remember...) Panic attacks are uncomfortable not dangerous

* If you are feeling dizzy or faint, sit down and put your head between your knees for a few seconds, or tense all of your muscles until you feel warm in your face; this sends the blood up to your head and will help keep you from fainting

* If you feel your heart racing hold your breath for a few seconds; this lowers your heart rate naturally

* If you are afraid of dying in public, always have an exit route; for example, if you know that you tend to panic at the grocery store, give yourself permission to leave the full cart of groceries and leave if you have to. Sometimes just having a plan is enough to avoid the panic

* If you tend to hyperventilate when you panic, keep a paper bag with you (in your purse, in your desk, in your car). Just having it there can give you peace of mind and help to avoid the panic

* Have a couple of support people you can call to help "talk you down" Identify a friend or family member, or carry with you the phone number of your local crisis hotline and

USE IT when you need some kind words of support.

Perhaps you just need someone to talk to you as you are exiting the grocery store, or driving home to lie down. Don't feel a failure; we all need someone once in awhile. Doing this is the equivalent of taking someone's arm to help you walk on the ice when your ankle is sprained

* Allow yourself permission to get more help if needed. If you think you are having a heart attack or other medical problem go to the emergency room. Giving yourself permission to do that minimizes the "battle" in your head during the panic attack when part of you says seeking medical help is not an options, and the other part of you wants that option if necessary

Chances are you won't go, but you can take the struggle off the table if you give yourself permission in advance in case you need to go

PART II:

What NOT to do during a Panic Attack

I certainly agree that knowing what is "wrong" is very important - especially when we are talking about symptoms that are overwhelming and frightening.

Over the years, I have diagnosed and treated hundreds of people with panic, anxiety, and stress disorders.

One common response from clients is a sense of relief once they know what is really happening to them. Once they can put a name on it, there is hope that they can be helped.

Now that YOU know, I hope you too can feel a small sense of relief and hope. However,

I realize that knowing what to call what is happening to you may not feel like "half the battle"; that is understandable.

You need this to STOP, and you need it to STOP NOW!

I can relate to the overwhelming need to STOP the panic. You see, I've experienced anxiety, stress, and panic all my life. Over the years I tried just about anything to make it STOP.

I remember feeling helpless and hopeless over the anxiety and panic. I remember feeling like something was terribly wrong with me; feeling like I was defective or losing my mind.

You see, even with my training as a Professional Counselor and helping so many others manage their symptoms, I still struggled with my own symptoms.

The good news for me (and now you), is that in my studies and my work with others, I have developed some strategies that really help manage and reduce anxiety, panic and stress naturally. They are simple, and extremely effective.

I'd like to share with you, some of what I've learned, and one of the strategies I use with my clients to help them deal with their panic, anxiety and worry.

Life is too short to let anxiety overcome you. There is a way to change things back to normal.

The BIGGEST Mistake You Can Make When You Are Having A Panic Attack..... Is To Panic!

During a panic attack, your body releases an overload of adrenaline into your system. The only way for your symptoms to decrease is for the adrenaline to reabsorb.

The more you fight your panic, or "panic about the panic", the more adrenaline you release.

That increases the severity and duration of your symptoms. There are many ways to manage your symptoms without throwing out more adrenaline. So first, take a breath and remind yourself not to "panic about the panic"!

Now....what you must do is:

Practice this every time you feel an attack coming on, and you will reduce the length and severity of the attack.

For the most effective ways to overcome your panic and anxiety, head over to:
www.LivingWithoutPanic.com

You CAN stop your panic from affecting your life, don't you owe it to yourself to try?

Take Care,

Deborah A Lesse PhD CRC LMHC