



# How To Stop Anxiety Attacks!

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## Chapter 1 - Introduction

Anyone who has experienced an anxiety attack or panic attack knows the symptoms. Anxiety and panic attacks are the same thing. Panic attacks are often related to panic disorder, but are one of the same and include the same symptoms and treatments.

Those who suffer from anxiety attacks are usually all too familiar for those who are prone to anxiety disorders. Many people who have an anxiety attack wind up in the emergency room of a hospital. They often think that they are having a heart attack or a stroke. The symptoms of an anxiety attack are very much like that of a heart attack.

In most cases, those who experience an anxiety attack will not have anything wrong with their heart. Blood tests will come back normal as will the EKG. After all of the routine tests done in the emergency room rule out anything physical, the patient will then be diagnosed with an anxiety disorder and referred to a psychiatrist. In some cases, the patient may be given some sort of medication to help them relax. Many people who have this situation play out for them do not follow up with subsequent care. Until the next anxiety attack comes along.

So what is anxiety and panic? It can best be classified as a fear of the unknown. Those who experience anxiety usually have a morbid fear of pending doom for them or their loved ones. In most cases, they will not be able to put their finger on why they are afraid. They may latch on to some sort of physical ailment and allow this to be the focus of

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their anxiety, insisting that there is something wrong with them when there is not.

If you have ever suffered from an anxiety attack, you know the feeling of dread that grips you. You understand how powerless you feel when this is happening and how you wish it to go away. While anxiety and panic attacks seem to be “in your head,” you cannot seem to be able to take control of the situation and often feel an accompanying depression along with the anxiety. Depression and anxiety disorders walk hand in hand. These mental disorders account for about 30 percent of disability claims.

You probably want to know how you can control your anxiety and panic disorders, or prevent them from happening at all. This book will teach you everything that you want to know about anxiety and panic attacks and how you can help yourself overcome this debilitating condition.

### **Chapter 2 – What Causes Anxiety?**

As stated earlier, anxiety is the fear of the unknown. When we think of fear, we often think of phobias. Phobias are fears that are so intense that they actually make an impact on your life. Anxiety, too, can make a huge impact on your life...if you let it get out of control.

There are several different classifications of anxiety disorders. It is estimated that about 25 percent of the population suffers from one of these disorders. Some may have less of the symptoms associated with this condition than others. While some people who suffer from anxiety find it to be so repressing that they cannot go about their every day lives, others will be able to work through their lesser symptoms.

At the root of anxiety, like many other disorders, is control. Or rather, lack of control. More than anything, the anxious person fears having a lack of control in a situation. Depression usually goes along with anxiety and many people who are diagnosed with anxiety are also found to be depressed.

The main anxiety disorders that will cause a panic attack or anxiety attack include General Anxiety Disorder, Panic Disorder, Obsessive Compulsive Disorder and Post Traumatic Stress disorder. While the symptoms for these disorders may vary, at the core of all of them is lack of control.

You might want to know how and why your anxiety is triggered. For the most part, stress plays a huge factor in triggering an anxiety attack. While the person who suffers from anxiety may react well in a stressful situation, after it is all over, they tend to have the anxiety or panic

attacks. Most people who have an anxiety attack for the first time have experienced a significant stressor in their daily life. Thus, stress plays a major role in the cause of anxiety.

Anxiety causes should be broken down into two categories - physical and environmental. There can be physical situations that may cause you to have increased anxiety or an anxiety attack, although most of the time this is not the case.

### ***Physical Causes of Anxiety***

One of the most common physical cause of anxiety is the onset of menopause. Many women begin suffering from anxiety when they approach menopause. If you are in your mid to late 40s and are starting to have panic attacks, they can very well be related to the fluctuations in your hormone levels. Most women who go through menopause will experience some psychological factors such as mild depression or anxiety. Some women will experience menopause symptoms to the extreme. In such cases, doctors will usually treat this condition with hormone replacement therapy or other types of drugs, so that the woman can go about her daily life.

Other physical causes of anxiety can be attributed to certain drug use. Withdrawal from drugs or alcohol can cause the symptoms that are associated with an anxiety attack. Those who suddenly stop taking drugs that are prescribed for anxiety often have full blown anxiety attacks. This is also the case with anyone who stops taking an antidepressant.

Street drugs can also cause a dependency that can make someone feel the symptoms of an anxiety attack. In the case where drugs or alcohol withdrawal play a factor in anxiety attacks, the condition is usually managed with the use of other drugs and the patient gradually weaned off of medications.

Anxiety can also be caused by a thyroid problem. If you go to your doctor with acute anxiety, chances are that he or she will want to test your thyroid for abnormal activity. In most cases, however, the test will reveal nothing is wrong.

There is also medical evidence to indicate that heredity can play a role in having anxiety. Many people who suffer from anxiety attacks have close family members who also suffer. Doctors believe that a chemical imbalance in the brain is the physical culprit for many anxiety disorders and will often prescribe drugs that will increase the amount of serotonin in the brain. Many in the medical community believe that lack of serotonin or loss of this chemical is what causes anxiety and depression.

### ***Environmental Causes of Anxiety***

Stress is usually the result of incidents happening in someone's life that are deemed to be stressful. The more stress the body takes on, the more likely the stress will manifest itself into an anxiety or panic attack. Some of the major stressors that trigger anxiety include:

- Death of a loved one
- Breakup of a marriage or relationship



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- Loss of a job
- Illness
- Moving
- Getting a new job
- Having a baby
- Getting married

While some of the above are negative stressors, you will note that some are positive stressors. Moving to a new home can be exciting, but it is still a form of stress, even if it is your dream home. Getting married and having a baby are two joyous occasions, but still are major components of stress because they catapult you out of your comfort zone.

At the time that the stressful event is occurring, you may feel in complete control and be able to manage. It is usually after one of these events that you will experience a panic or anxiety attack.

If you have experienced any of the above stressors, be aware that they can lead to an anxiety attack. While this is not true in every case, these major stressors usually lead to a general sense of discomfort for some people, for others they can lead to a full blown anxiety or panic attack.

If you suffer from anxiety, know that you are far from alone. While most people will not come up to you and discuss their anxiety attacks, the more people you get to know and talk to about anxiety, the more you will see that there are many others just like you who suffer from the same thing. You are not alone.

## **Chapter 3 - What Does An Anxiety Attack Feel Like?**

Most people who have an anxiety attack describe it as a feeling that they are “crawling out of their skin.” The symptoms of having an anxiety attack are very closely related to those of a heart attack and include:

- Heart palpitations
- Chest pain
- Breathing difficulty
- Feeling of pressure on the chest
- Dizziness or light headedness

As these symptoms can be the result of having a heart attack, those suffering from anxiety attacks often wind up in ER. They may never get an anxiety attack again, or they may have another anxiety attack after they leave the hospital. After a while, those who suffer from anxiety get used to the symptoms. We will later discuss what you can do to elevate your mood and reduce the effects of an anxiety attack.

It is important to remember that anxiety is a fear of the unknown and not a fear of the known. While we can get to the root of phobias much easier, it is often difficult to get to the root of anxiety.

The anxiety disorders that underline an anxiety and panic attack that will be discussed in this book include:

- **General Anxiety Disorder**
- **Panic Disorder**
- **Obsessive-Compulsive Disorder**
- **Post-Traumatic Stress Disorder**
- **Social Anxiety Disorder**

All of them are unique and most are caused by environmental stressors. The stressors may be known or, in some cases, unknown.

Before you can attempt to prevent or treat anxiety or panic attacks, you first have to understand the underlying cause of the anxiety. There are different treatment methods that are used for different types of anxiety disorders. The treatment plan that you use will be determined by the type of anxiety disorder that you have.

## **Chapter 4 – Anxiety Disorders**

As stated in the last chapter, there are five types of anxiety disorders that are usually diagnosed. In some cases, a person may be diagnosed with more than one. The most common of all of the anxiety disorders is General Anxiety Disorder.

### ***General Anxiety Disorder***

This is usually the most prevalent of the anxiety disorders and will manifest itself in many different ways, including an anxiety or panic attack. General Anxiety Disorder, or GAD, is usually diagnosed in someone who has had a very stressful situation in the past six months. General Anxiety Disorder is usually diagnosed after a person has had an anxiety or panic attack. Some of the symptoms of GAD may go unnoticed until such a time when the sufferer experiences an attack. They common symptoms of GAD include:

- Difficulty in sleeping through the night
- Muscle tension or muscle pain
- Insomnia
- Lack of focus
- Trembling
- Difficulty in swallowing
- Difficulty in breathing

Do these symptoms sound familiar? If so, take comfort in the fact that you are far from alone when it comes to this anxiety disorder. You may experience some or all of these symptoms.

General Anxiety Disorder affects the lives of about 7 million adults. In addition to adults who suffer from this condition, teenagers and even children can suffer from this disorder.

If you have GAD, know that there is treatment available to you that will enable you to go on with your normal functions in life. If you have a child or teenager who is experiencing these symptoms, do not think that because of their youth that they cannot have GAD. It can be diagnosed in anyone - regardless of age. It can be the result of trauma or low self esteem in children and teenagers. In many cases, teens will resort to using drugs as a way to alleviate the symptoms of GAD. This is why it is so important that you get the right treatment for them before this occurs.

### ***Panic Disorder***

Panic disorder is similar to GAD, except that it is more intense. It is very closely related to GAD in the symptoms. Some of the symptoms that you may experience when having a panic attack include:

- Chest pain
- Fainting
- Choking
- Sweating
- Shaking or trembling
- Feeling like you are having a breakdown
- Fear of death or morbid thoughts
- Stomach pain, often accompanied by nausea

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- Feeling like you are not in reality

People who suffer from panic disorder usually have more acute episodes of anxiety than those who suffer from GAD. Panic disorder is usually related to an environmental stressor and can be controlled by medications or other therapies. A prolonged case of panic disorder is usually diagnosed as GAD. The main difference between GAD and panic disorder is that panic disorder is more of an acute condition whereas GAD is a chronic and lasts for more than 6 months.

Gina was sure she was having a heart attack. She woke up shaking and trembling with a pain in her chest. Her heart seemed as though it would leap right out of her chest, it was beating so fast. She had no idea what was happening to her so she went to the ER.

At the ER, the doctor did an EKG and took some blood work. He soon concluded that she was suffering from an anxiety attack - the week before this happened, she lost her job.

Gina was feeling so bad that he asked her if she wanted to be admitted to the psychiatric ward for observation. Gina didn't want to seem as though she was "crazy" and declined. She seemed to be fine, until she got news that a member of the family had passed away, then she had another panic attack as well and wound up in the hospital, where she was diagnosed with panic disorder.

Panic disorder is usually very acute and is related to something directly corresponding to your life. While some people may be able to cope with life changing situations, most of us can only take so much stress

before the façade begins to crack. After spending three days in the hospital where she was treated for panic disorder, she came home feeling much better.

### ***Obsessive Compulsive Disorder***

You probably associate this disorder with Jack Nicholson's character in "As Good As It Gets" or the lead character in the television detective series "Monk." Obsessive Compulsive Disorder seems quirky and funny, but it can be a debilitating condition.

Obsessive Compulsive Disorder is broken down into two categories - obsession and compulsion. In most cases, obsessive thoughts will drive a person to perform a ritual of compulsions. For example, a person who suffers from OCD will often have to continue lock and unlock doors. They may become obsessed with the idea of the door being left open and someone entering the house that they have a ritual that they practice to give themselves the assurance that the door is locked. These rituals give them some sense of peace that they are in control of the situation.

As stated earlier, the key component in anxiety disorders is lack of control. The person with OCD feels this acutely and reacts in a way that gives him or her some control in their life. They may wash their hands repeatedly, take repeated showers, lock and unlock doors, return home repeatedly and check to see if the stove is off, etc. These are the compulsions of OCD. What drives the compulsions are the obsessive thoughts. These thoughts can be so intrusive that no matter what the person does, he or she cannot stop reverting back to them.

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And because the thoughts are so unwelcome and often morbid, someone suffering from OCD will develop rituals, or compulsions, to rid themselves of these thoughts.

In some cases, the thoughts themselves become a compulsion. Many people who have OCD will worry excessively about their health. They may resort to compiling medical data about a certain illness that they have become convinced that they have. They may accumulate data, count or even pray repeatedly to cast out the thoughts that are forever intruding in their heads. Other rituals include pulling on their hair or even pulling the hair out.

OCD often begins in childhood. Children often will have a compulsion to either pull on or pull out their hair to rid themselves of unwelcome thoughts. If a child begins pulling out their hair, chances are that they will be taken to a doctor and evaluated for this condition. A child may, however, pull on his or her hair without it going noticed. Medication as well as therapy is often used in treating OCD, a condition that affects about 6 million people in the US.

Donna is very typical of someone with OCD. She has a series of rituals that she performs each day that keep her “safe.” Her friends think that she is quirky, but she feels more in control when she is performing her compulsions.

Donna sought counseling and therapy after she was late to work one day because she had to take so much time performing repeated rituals. She went back to the house several times that day to straighten towels, make sure the doors were locked and that the stove



was off. She was always worried about the coffee maker being left on and unplugging it was one of the rituals. When she started to see how this was interfering with her life, she realized that she had to do something to help herself.

“I never realized that I had OCD, but looking back on it, it seems as if I always had it, even as a kid. I would stack books a certain way in school and always made sure that the pencil points were sharp,” she said.

Donna’s father died when she was in the second grade. She feels that this was when the OCD really started. The death of her father was traumatic for her, but she had no control over this event. She began to worry about her mother dying as well. As young as she was, she knew that she had no control over her mother dying, so she started to take control over different aspects of her life.

### ***Post-Traumatic Stress Disorder***

When you think about Post-Traumatic Stress Disorder, chances are that you will envision a soldier returning home after being at war and constantly being plagued with nightmares about incidents in the war. This is how this condition is often portrayed in the movies. We often associate PTSD with the military. But soldiers are not the only people who suffer from Post-Traumatic Stress Disorder. Anyone who has been through a catastrophic event can suffer from this type of anxiety. The good news is that in this case, you understand what the stressor is that is causing the anxiety, this often does not come out right away. Many people who have been victims of sexual assault will not want to

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discuss the assault with anyone and will keep it to themselves. This can create PTSD.

After September 11, 2001, many people in the United States started seeing doctors about stress. There was a rapid increase in the number of individuals experiencing anxiety and panic attacks at this time. Even those who were not in New York at the time of the attacks found themselves under a great deal of stress that needed to be evaluated by a doctor. Some of the most common signs of Post-Traumatic Stress Disorder include:

- Continued and repeated intrusive thoughts about the trauma
- Nightmares and flashbacks relating to the trauma
- Unable or unwilling to discuss the experience with others
- Avoiding those who also experienced the same trauma
- Depression and increased anxiety

If not treated, Post-Traumatic Stress Disorder can lead to severe anxiety and depression that can be disabling. For this reason, anyone who has been through a trauma is often given the option of receiving counseling. Counseling after the experience and talking about it often helps those who experience trauma avoid Post-Traumatic Stress Disorder. This anxiety disorder is usually treated with medication as well as therapy.

Frank was on an airplane on September 11, 2001. When all flights were cancelled, he had to stay out of town for a few days until he could get back home. Like most other Americans, he was horrified by the events that took place on that day, but thought that he had a handle on

it. Until he started to have nightmares and kept reliving the day over and over in his mind.

“I was in New York City when this was happening - my flight flew into New York,” he said. “I was pretty much around the whole thing at that time and was glued to the television. Everywhere you went, people were talking about it. I kept thinking that I was so lucky - I could have been on one of the airplanes that crashed that day.”

The Post-Traumatic Stress Disorder started to take its toll on Frank, even to the point where he quit his job because of the frequent traveling. He refused to fly and began having nightmares about being on one of the flights. Eventually, he sought help and was diagnosed with PTSD. Once he was able to talk about that day and his feelings, he felt better.

### ***Social Anxiety Disorder***

One type of anxiety disorder that has been in the forefront lately, and was not very much discussed before is social anxiety. People often associate social anxiety with agoraphobia, but they are not the same thing. People who suffer from agoraphobia (meaning Fear of Marketplace in Greek) dislike going out in public at all and end up spending a good deal of their time alone. Those with social anxiety are not as obvious. They usually go about their business and interact with people, the entire time experiencing symptoms of anxiety from these interactions.

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Social Anxiety Disorder was brought into the public spotlight when Donny Osmond, the beloved teen idol of the 1970s, talked about his social anxiety. Osmond said that he was afraid to appear in public for fear of being judged by others. He eventually was able to get treated for Social Anxiety Disorder, an anxiety disorder that affects many people and often goes unnoticed.

The symptoms associated with Social Anxiety Disorder include:

- Fear of losing control in public
- Fear of people talking about you
- Fear of being judged by other people
- Fear of being ridiculed
- Fear of being in a crowd

It is interesting to note that many famous celebrities suffer from Social Anxiety. This is an anxiety that can bring on a panic or anxiety attack if the person is exposed to the source and may limit the lifestyle of someone who suffers from this condition. Fortunately, this is very treatable with therapy.

A typical example of someone who suffered from Social Anxiety was Anne.

“Looking back on it, it seems as if I always had a sense of anxiety whenever I was in a crowd,” says the 32 year old airline attendant. “But it wasn’t until I had my first panic attack and sought the advice of a counselor that I was able to say what it was.”

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Anne had a panic attack one day after a flight. She started the attack when the plane was airborne and went to a doctor as soon as it touched down. She thought she was having heart attack symptoms, but also felt she was a bit too young for such a thing to happen. She was diagnosed as having an anxiety attack and given anti-depressants along with Xanax. The Xanax made her groggy and she did not feel that she needed to follow up with this. Until the attack recurred. It was then that she sought treatment and was diagnosed with Social Anxiety.

Anne is typical of many people who are diagnosed with social anxiety in that she chose a profession where she would interact with people. Most people who suffer from this condition also work in professions where they frequently interact with the public. Anne began the medication and sought therapy with the counselor that enabled her to cope with her condition. She thinks that it resulted from her being picked on in school when she was very young.

“I was smaller than the other kids and they used to tease me about it,” she said. “Looking back on that, I often strove to over please people so that they would not ridicule me.”

If you have the symptoms of social anxiety, you can get treated and still maintain your profession. Most of the time, when you get to the root of the problem with therapy, you will start to feel better.

### **Chapter 5 - Medication To Treat Anxiety and Panic Attacks**

Now that you know about the different types of anxiety that there are as well as some common causes, you probably want to know how you can get treated for anxiety so that you can find relief. There are many things that you can do to help yourself and medications that are available to help you. The worst thing that you can do is to ignore the symptoms and self medicate. Self medication includes taking drugs or alcohol on your own. Many people who suffer from anxiety are tempted to take a drink to alleviate their symptoms as alcohol can have a numbing effect. As a matter of fact, many people who are alcoholics suffer from anxiety. This is why programs like Alcoholics Anonymous help such individuals. The primary healing factor that is taught at AA is that you do not have to feel that you are “in control” all of the time.

If you go to your doctor after having an anxiety attack, chances are that he or she will put you on medication for the anxiety. Someone who is having a full blown anxiety attack is often thought to be having what used to be known as a “nervous breakdown.”

Doctors will do a blood test and will most likely want to check your thyroid. Many people who suffer from anxiety also have chemical imbalances. They may present with low levels of the B vitamins as well as magnesium, zinc and potassium. A doctor will often prescribe medication as well as advise you to seek therapy. Your doctor will also most likely tell you to eliminate harmful activities such as smoking or drinking alcohol, to eat right and exercise. All of these can be helpful when you are seeking to prevent or control anxiety and panic attacks.

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When you see the doctor the first time, it is very likely that he or she will prescribe both an anti-depressant as well as an anti-anxiety medication. Doctors are trained to eliminate your discomfort. Medication is the first thing a medical doctor will think of when they determine that you have been experiencing anxiety attacks.

There are many medications on the market that can treat anxiety. Most of them that are prescribed are labeled benzodiazepines. They work quickly to alleviate your fears and will take the edge off of your anxiety attack. The problem with these medications is that they are highly addictive and can cause even greater anxiety when you are trying to get off of them. Some of the most commonly prescribed medications for anxiety attacks include Xanax, Klonopin and Ativan. These replace Valium, which was used for years to treat anxiety attacks.

The important thing to remember when taking drugs like Xanax is that they are not only habit forming, but they build up a tolerance in your system. This means that you gradually need more of the same drug to achieve the same effect. And withdrawal from these drugs will make your previous anxiety attack seem like a picnic. For this reason, most doctors will only prescribe these medications, which are controlled substances, in small doses.

Xanax is by far the most widely prescribed medication for anxiety. Because it works so fast to get to the central nervous system and relax you, it is favored by most doctors. If you get a prescription for Xanax, chances are that it will be ½ milligram doses. You will most likely be prescribed the medication for a short period of time. Doctors are

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hesitant about writing for refills of this type of prescription because they have been known to be trafficked. Many teens today are having “pill parties” where they take prescription drugs that they take from home to the parties and share them with others. Drugs like Xanax can be very dangerous, especially when mixed with alcohol or other drugs.

If you get a prescription for Xanax, chances are that it will make you feel pretty good. It will effectively take the “edge off” of the anxiety attacks. In fact, Xanax is the treatment that can stop the anxiety attack when you experience it. But so will a shot of whiskey. In fact, many doctors will even tell you that Xanax and other medications that are used to treat anxiety are nothing short of “liquor in a pill.”

There are many websites devoted to people who are trying to kick the habit of Xanax or other anti-anxiety drugs. While these drugs can effectively calm you down, they should only be taken as needed - that is, when you are having an anxiety attack.

Because there are so many factors that figure in to an anxiety attack, taking just Xanax alone is not advisable. Xanax and other drugs work to reduce the symptoms that you feel from your anxiety, but they do not treat the underlying condition. And in order to treat anxiety properly, and prevent anxiety attacks, you have to get to the root of the cause. While a Xanax can be the answer to get you through an anxiety attack, it is not the “cure” for any anxiety disorder.

If you take Xanax for therapy, you will most likely be put on a very small dosage. This means that you will take 1 to 2 milligrams of Xanax a day. You should not take more of this dosage. Some doctors will



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use Xanax as a way of treating chronic anxiety so that it does not interfere with someone's life. Most doctors will not want to give you refills of the prescription over the phone and some may not want to give the prescription to you if they feel that you are taking too much, selling it or have become addicted to the drug.

Many people who suffer from anxiety also suffer from depression. For this reason, anti depressants are often prescribed along with Xanax as a way to restore the chemical imbalance that many doctors believe causes anxiety and depression.

So whereas you will most likely take Xanax or another anti-anxiety medication to treat an anxiety attack, the objective from the medical standpoint will be to control the anxiety with anti-depressants that restore the chemical balance in the brain.

The use of anti-depressants is somewhat controversial. Many people feel that doctors are too quick to prescribe anti-depressants for their patients. However, if the patient has a long history of anxiety and depression, they are better off to control it through the use of anti-depressants that are meant to be taken on a long term basis, rather than using masking drugs like Xanax.

The type of medication that you are prescribed for your anxiety disorder will most likely be determined by the type of disorder you have. If you have OCD, for example, you will most likely be prescribed Paxil. Paxil is one of the most commonly used drugs to treat OCD. If you have depression and GAD, the doctor will most likely prescribe Zoloft. Zolift and Paxil are examples of SSRI medications. SSRI

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stands for selective serotonin reuptake inhibitors. Other medications in this family include Prozac, Lexapro, Luvox and Celexa. These drugs are normally prescribed for long term treatment of general anxiety disorder, panic disorder and obsessive compulsive disorder. If you are suffering from post traumatic stress disorder, your doctor may just want to treat you with small doses of Xanax while you undergo therapy. Buspar is a drug that is used to treat many anxiety disorders such as social anxiety disorder as it has a very mild effect on an individual.

Do not look for an instant cure for your anxiety or depression when you take an SSRI. While the SSRI medications will increase the level of serotonin in the brain, it will take a few weeks before the drug begins to work. It first has to be absorbed into the bloodstream where it will slowly start to work on solving the chemical imbalance.

If you are prescribed SSRIs, it may take a few months before you start to feel better, but you will feel better after time. When used properly, they are much more effective at treating and preventing anxiety than taking Xanax or other tranquilizers. Some of the side effects of SSRIs include feeling jittery, tired, restless, dizzy and decreased sex drive. Many people do not like the way the medication makes them feel when they first start taking it so they go off of it and their symptoms return. There is also a misconception that taking SSRIs will make you gain weight - that is not true. Many people have achieved good results by taking SSRIs. It just takes patience.

If you are experiencing intense panic attacks, you may be prescribed Tricyclic Antidepressants instead of SSRIs. Although SSRIs have fewer side effects than these drugs, many doctors feel that these anti-

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depressants work better for those who experience severe anxiety. It is not often that doctors will prescribe Tricyclic Anti-Depressants as they are simply not as effective as the SSRIs, the newest form of anti-depressants.

Other anti-depressants that can be used to treat anxiety attacks include MAO-Inhibitors. Again, these are often used for panic disorder that is very severe. The choice in medication will be determined by the doctor as well as your underlying physical condition. Your doctor may want to try different medications to see which one works for you. You will have to see your doctor periodically so that your progress can be charted. Your doctor may want to do blood tests in order to make sure that the drugs are not causing any problems with your liver or other areas of your digestive tract.

Chances are that your doctor will prescribe SSRIs along with Xanax when you present with an anxiety attack. The Xanax will be meant to be short term and the SSRIs for longer. If you have had repeated episodes of anxiety, your doctor may want to keep you on SSRIs for a long period of time, even for the rest of your life.

Many people find that they feel better after taking SSRIs for a long period of time and then attempt to take themselves off of the drug. Withdrawal from these drugs should be done under the supervision of a doctor and is not something that you should just do on your own. Before you take yourself off of the drug, you should talk to your doctor. Your doctor can help you wean yourself from the drug, if they think that it is a good idea. If you feel your symptoms returning and your anxiety and panic getting worse, you can go back on the anti-depressant.

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If you have chronic anxiety and depression, talk to your doctor about a treatment plan. They should be able to tell you how long they expect you to stay on the drug and what results you can expect. It is important for your doctor to monitor your progress when you are on anti-depressant and anti-anxiety medications.

Even with your medication, you may still experience symptoms of panic or anxiety. You can do many things to help yourself try to overcome the anxiety and panic attacks, even if you do not take medications. Because an anxiety attack can be so scary, the reflex is to get rid of the feelings it is producing as soon as possible. Many people who have milder symptoms of anxiety disorders are choosing not to take medication and are opting for natural relief for their condition. Natural relief includes behavioral therapy, diet, exercise and other methods of treatment such as herbal supplements, yoga and meditation.

It is important for you to take a proactive approach to your health when you are suffering from anxiety attacks. Once you have been diagnosed with anxiety and have it under control, you can find out more about the disorder and try to find the underlying causes. You can also choose to use a natural treatment plan instead of relying on drugs.

### **Chapter 6 - Herbal Supplements**

Not everyone today wants to take prescription medication for anxiety and depression. If you feel that you want treatment for your anxiety without having to resort to prescription medication, you can often find relief with natural supplements.

There are a few very commonly used herbal supplements that are used to treat anxiety attacks today. These include Kava Kava, St. John's Wort, Valerian, and Sam-e. While long term studies of these drugs have not proven them to be as effective at relieving anxiety and panic attacks as prescription medications, many people swear by these herbal supplements that can be purchased online or in a health food store. There is some truth to the fact that many of these work because they replace certain components of your diet. Many of them contain B-12, a vitamin that some people who suffer from anxiety and depression are often lacking. Here is a run down on the herbal supplements that some people take for anxiety and how they can help you.

#### ***Kava Kava***

This herbal is probably the most well known of all of the herbal supplements. Some studies have indicated that it can be harmful to the liver, but this is often disputed. Over the counter pain relievers can be harmful to the liver if you abuse them, too. It is advised that you should not take Kava with other medications for anxiety or depression, nor should you take it on a daily basis. You can get a sense of being relaxed when you take Kava, without feeling as though you have been

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drugged. This is the reason why many people like taking this herbal supplement.

Kava is meant to reduce anxiety. It generally works well when someone has mild anxiety or slight anxiety. This would not be beneficial for anyone who has severe anxiety or is experiencing a full blown anxiety attack.

Kava is non-habit forming and generally safe to use if you do not abuse it. It can be an ideal herbal supplement for someone who has their anxiety attacks under control and is not on any other medication to treat their condition. You should always talk to your doctor or pharmacist before starting a herbal supplement if you are taking other drugs to prevent a drug interaction.

There have been very limited studies on Kava, just as there have been on most herbal supplements. The medical community is not very keen on advising that people take herbal supplements in place of medication. Most doctors will advise that you take prescription drugs instead of resorting to herbals.

Still, herbal supplements do have a place in treating anxiety and depression and many people who take these supplements will tell you that they have helped them. If you are not taking any other drug and want to give it a try, you can take Kava to see if it helps with your anxiety symptoms.

### ***St John's Wort***

St. John's Wort is another very popular remedy that is used for treating depression and anxiety. You can usually find this at your local drug store or health food store. St. John's Wort is said to help treat depression in the natural way and has been used for hundreds of years as a remedy for depression. Research indicates that St. John's Wort works similar to the way that SSRIs work in that it helps to increase the flow of serotonin to the brain.

If you decide to take St. John's Wort, be advised that it can be phototoxic. This means that it can have an adverse reaction if you go out in the sun when taking this herbal remedy.

In addition to treating depression and anxiety, St. John's Wort has also been used to treat muscle pain, hypertension and digestive problems. Some people who use this herbal supplement experience headaches, dizziness and dry mouth.

Women who are on birth control should be advised that St. John's Wort can reduce the effect of the birth control pill.

### ***Valerian***

Valerian is another very commonly used herbal ingredient that is used to treat both anxiety and depression. Some people like taking this herbal supplement because they will get faster results with the herbals than with the SSRIs. While not as well used as Kava and St. John's

Wort, many people who suffer from anxiety have found relief with Valerian.

### ***SAM-e***

This is the herbal supplement being touted by actor James Coburn. SAM-e is used to treat anxiety and has shown promise in treating osteoarthritis. SAM-e is different than other herbal supplements that are used to treat anxiety attacks or panic in that it increases the serotonin and dopamine in the brain. Most doctors will state that those who are lacking sufficient serotonin and dopamine - thus the need for SSRIs to allow the free flow of serotonin to our brains. In addition to helping with anxiety and osteoarthritis, SAM-e is also used to help with depression and improve liver function. The only side effects with this herbal supplement are a little bit of nausea upon starting the herbal. Some people report that they felt better right away after taking SAM-e. In some cases, it has been known to work within a matter of days.

It is important to realize that what works for one person might not necessarily work for another. While some people swear by St. John's Wort, others will say that it doesn't work at all for them. Every person experiences a different type of anxiety, so every person needs a different type of supplement.

The main thing that you have to remember when you are taking herbal supplements to treat or prevent anxiety and panic attacks is that you should be wary of any drug interactions. You should not take herbal supplements if you have been taking medication for your condition.



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If you have mild to somewhat moderate anxiety attacks, you might want to give the herbal supplements a try to see if they will make you feel better. Only use them as instructed and do not mix them with prescription medication. As with prescription medication, it might take you a few tries before you end up finding the right herbal ingredient that works for you.

## **Chapter 7 – Diet and Anxiety Attacks**

Treating the anxiety attack by using herbals and medications is one thing. Preventing the anxiety from occurring is another. If you have Post-Traumatic Stress Disorder, you know the root of your anxiety cause. But most people who suffer from anxiety attacks have no idea why they are having anxiety attacks. It often takes a while to get to the root of the problem with therapy, assuming that there is an underlying problem.

If the anxiety condition is caused by heredity or a chemical imbalance, as is believed by many doctors, then you can help yourself further by restoring some of those chemicals back into your brain and alleviating stress.

Most doctors will tell you to eat a good diet if you want to help your anxiety disorder. Much of what we eat today is laced with chemicals that can add to the burden on our already weary bodies. Not many people eat healthy anymore and many are living on junk food that is laced with ingredients that are not good for us. The old saying that “you are what you eat” rings true when it comes to diet and anxiety attacks. Some of the culprits that can be found in our diet as well as our habits include caffeine, nicotine, sugar and fatty foods. These can all play a role in keeping us in our anxious state.

### ***Nicotine***

Smokers will often say that smoking “calms them down.” The irony is that just the opposite is true. Nicotine that is contained in cigarette

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smoke will actually make you feel more anxious. Nicotine constricts the blood vessels and aids in anxiety instead of preventing it. If you are smoking to “calm your nerves” you are doing yourself more harm than good. Aside from the other problems that smoking causes, it also raises your heart rate.

When you quit smoking, you may find that the withdrawal from nicotine raises your anxiety level, preventing you from quitting. The withdrawal from nicotine is very bad. In fact, many doctors believe that it is one of the worst withdrawals to have to endure. Many in the medical community will state that nicotine is even more addictive than heroin. The physical effects of nicotine in your system last for 72 hours. Once you get past Day 3 without cigarettes, your physical craving for nicotine is gone. The mental craving might still be there - in fact, it may never even leave you - but the physical withdrawal symptoms are over.

Many doctors will prescribe anti-depressants such as Wellbutrin for people who are planning to quit smoking. This takes some of the edge off of the quitting process and some state that it aids in quitting.

If you smoke, you are only adding to your anxiety. On top of every other bad thing that it causes, smoking also raises your heart rate, constricts your blood vessels and aids in anxiety. If you have anxiety attacks, you should not smoke.

### ***Caffeine***

How much caffeine do you take in on a daily basis? For some people, cigarettes and black coffee are the ideal breakfast combo. If you are

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following in this path, you might want to lay off the caffeine. If you enjoy a cup of coffee, you can do so just as well with decaffeinated coffee.

Caffeine makes you very jittery and can help along your anxiety. While it is common to have a cup of coffee in the morning, having two or three cups can aid in your anxiety. The truth of the matter is that caffeine is really not good for you and promotes a false sense of awareness.

If you have been suffering from anxiety attacks, take a look at your daily caffeine absorption. If you are drinking coffee, soda, or tea all day long, you are aiding with your problem. Caffeine will make you feel more tense than ever. If you are trying to drive cross country, you might want to keep yourself up with Java, but it is a false sense of awareness. People who come down off of a caffeine high usually crash hard.

Caffeine, like nicotine, is not good for you. Take a look at how much caffeine you are taking in with regard to what you drink. If you are overweight, a good deal of the reason can be because of what you are drinking instead of what you are eating. Many people who do not like coffee will state that they like soda or tea instead. The truth of the matter is that there is caffeine in almost all sodas as well as tea and cocoa. Coca-cola has about as much as caffeine as a cup of coffee.

If you drink coffee, limit it to drinking in the morning and to one cup per day. If you want to go decaffeinated, do that, but be advised that it still contains some caffeine. Do not delude yourself into thinking that

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decaffeinated means “no caffeine.” It just means that there is a lot less caffeine in the drink than normal.

Chocolate also contains caffeine. While studies show that small portions of dark chocolate are good for your heart, you should not take chocolate at night. It may end up making you more on edge and will not have a calming effect.

If you take over the counter pain medications, take them for PM instead of regular medications, and take them sparingly. This is because many of the over the counter pain relief medications contain caffeine. If you want to help yourself eliminate some of the stress from your life and overcome or prevent anxiety and panic attacks, you will lay off the caffeine. That means be aware of how much caffeine there is in coffee, tea and soda and absorb it accordingly. If you can cut it out from your diet altogether, all the better.

The withdrawal from caffeine usually consists of a headache. You may have a headache for a day, but once you get over it, the caffeine will have left your system.

### ***Sugar***

Sure, well all take in sugar, but too much of this sweet thing can end up helping our anxiety along. Take a look at the simple carbohydrates you are eating and try to cut some of them out. Simple carbohydrates consist of cakes, cookies, candy and other sweets. These offer no nutritional value and pack on the pounds. Packing on the pounds is

also hard on anyone who is prone to anxiety.

Start fighting your condition by taking control of what you eat. This includes the amount of sugar intake. You get as much refined sugars in your every day meals that you do not have to add to it by consuming too much sugar.

If you take in a lot of sugar, you may end up getting Type II Diabetes, which is pretty much at epidemic proportions in the United States. Or you might end up getting hypoglycemia. Hypoglycemia is when your sugar levels drop below normal level. When this happens, you may feel something akin to that of a panic attack. Your heart will race, your skin will feel clammy and you may even faint.

Anyone who suffers from panic or anxiety attacks should consider cutting the sugar out of their diet. We get plenty of sugar in our every day diets as it is that we do not have to add to it by eating things that offer no nutritional value. Refined sugars are everywhere. If you are finding that your anxiety attacks are at their worst after you have eaten, it could be because you are taking in too much sugar.

### ***Fatty Foods***

Fat is very common in fast foods and many of the other foods that we eat. Studies suggest that this is not good for our health and can contribute to depression and anxiety. People who are overweight are more inclined to suffer from anxiety and depression than those who are of average weight.

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One way that you can eliminate fat from your diet is to cut out the fast food. If you are living off of hamburgers, fried chicken, fries and other junk foods. While these foods are often thought of as “comfort foods,” in reality, they do not comfort someone who is eating them. Fat foods do not help anyone who has anxiety. They only add to the problem and, in many cases, cause obesity.

If you are suffering from anxiety and depression, one of the things that you can do to help yourself is to eat a healthy diet. Lay off the simple carbohydrates and fats and stick to a diet that is rich in whole grains, fruits and vegetables. Taking a multi-vitamin or a B-complex vitamin can help you with stress as well. Start incorporating more vitamins into your meals, reduce fat and sugars and eliminate caffeine. If you are smoking, stop.

In addition to what you eat, watch how you eat. Do you take time to chew your food thoroughly or are you eating in gulps? Many times, when we are under stress, we eat. When you eat food that is swallowed in chunks, you are not digesting the food properly and actually depriving yourself of nutrients that the food can give you. In addition to that, you are most likely overeating if you are not chewing your food properly. You are not only harming your digestive system, but you are causing yourself to lose nutrients and may be contributing to your anxiety attacks.

Take your time to eat your food by chewing it thoroughly before swallowing. Start making some changes in your diet right now to not only help you with regard to your anxiety, but your overall health.

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You really are what you eat and if you are eating too much junk food and not getting enough nutrients, it is bound to make you feel bad. If you want to be healthier both physically and mentally, start eating a healthy diet that is full of nutrients and vitamins and chewing your food properly.

Another thing that you should do when you are watching your diet is to watch what you drink. Get rid of the caffeinated drinks and sodas and switch to water. By drinking 8 glasses of water each day, you will raise your metabolism and actually feel better. You should also increase your intake of fiber and limit your consumption of red meats, opting for fish instead.

Once you make these changes to your diet, you may start to see a change in how you feel. While diet alone may not be able to help you overcome anxiety and panic attacks, eating a healthy diet is a step in the right direction.



### **Chapter 8 - Exercise - The Wonder Cure**

One way that you can help yourself to prevent and treat panic and anxiety attacks is by exercise. Exercise raises your endorphins, giving you a natural high. There are several different types of exercises that you can do to alleviate the symptoms of anxiety. All types of exercise can help, but should be done properly and so that they promote relaxation.

Doctors believe that one of the reasons why so many people are stressed out all the time is that they have no way to relieve their stress. When you think about it, we do not often have to do heavy, burdensome chores. We take cars or other transportation when we go out, we look for the closest parking spot to the door and have machines that do our heavy work for us. When you combine our sedentary lifestyle that most of us have, it is no wonder that we are not only out of shape, but suffering from anxiety and a host of other ills.

Exercise is one way that you can treat your anxiety. It can relieve tension and stress, boost your energy level as well as relax you. If you have been suffering from anxiety, take a look at your day to day activities - have you been exercising?

If you are like most people, chances are that you are not exercising at all. At best, you might be doing some form of exercise once or twice a week. This will not help you get rid of your anxiety. In order to use exercise to control your anxiety, you need to exercise on a daily basis. Try to incorporate stretching exercises, cardiovascular exercises and yoga into your daily routine. You will find that it can help you.

### ***Stretching***

Before you start any exercise program, you will want to limber up. Stretching before and after exercise is a good way to get your muscles ready for the exercise and calm them down after you are done. If you have ever attended exercise classes, you know that stretching is a big part of the beginning and the end of the classes.

Start by doing some simple stretches. Sit on the floor with your legs extended and try to touch your toes. Hold the position as much as you can for a few seconds and release - do not worry if you cannot touch your toes - you will be able to do so in time. Then spread your legs apart and stretch to each foot.

Stretch your arms over your head with your legs crossed and hold the position. Put your arms behind your back and at the sides and bend forward, releasing tension in your back.

The first time that you stretch out, you might feel somewhat stiff. Encourage yourself to do this so that you can feel more limber when you are exercising and less stiff after the exercising is done. Do not rush right into exercising, especially a heavy cardiovascular routine, without limbering up and stretching. You might end up pulling a muscle which will ground your new exercise to a routine to a halt for a few days. Always loosen up.

In addition to loosening up before exercising, you should also make it a practice to loosen up before you begin the day. When you get out of bed each morning, reach to the sky and stretch. You will feel better about starting the day.

### ***Cardiovascular Exercising***

Cardiovascular exercising gets the heart pumping and can help not only burn calories, but stress as well. Cardiovascular exercises include running, elliptical machine exercising, stair stepping, aerobics, bicycling and walking, to name a few. Anything that gets your heart pumping is part of cardiovascular exercising.

If you have problems with your knees, you might want to try using a treadmill or the elliptical machine. These are both types of cardiovascular exercising that are low impact and will also burn calories. More importantly, they will help you alleviate your anxiety.

When you perform cardiovascular exercises, you should do so in the morning, if at all possible. This is when you want to get your body moving and get those endorphins moving. You will feel more energized throughout the day and will stimulate yourself in a natural way. You also get a way to work out any stress.

You should not perform cardiovascular exercise right before bedtime or right after eating. This will wind you up too much and make it difficult for you to sleep. If you get a lunch break, take a walk around the area instead of sitting sedentary all day.

Working out each day will help you have an outlet for your stress, will raise your metabolism, will alleviate your stress and help you get rid of your anxiety, or at least keep it under control.

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If you feel an anxiety attack coming on, you can work the stress out of your system by resorting to cardiovascular exercises. Make sure that you have plenty of time to relax before bed and do not perform these exercises before bedtime. If you feel anxious before bed, you can try a different exercises program to help you. That would be Yoga.

### **Yoga**

Yoga is a timeless art that has promoted balance and well being for thousands of years. If you are like most people, you have no idea how to perform yoga exercises and consider it to be just a number of contortions that you do not think that you possibly can get into. While some of the principles of yoga do entail holding into certain positions that may be difficult when you first try them, you will soon get the hang of them after you have practiced yoga for a while.

One way to learn yoga is to go to a yoga class. This can allow you to get the hang of the yoga so that you can eventually learn to perform yoga at home.

If there is no class in town, you can rent a DVD that can teach you how to perform basic yoga exercises. Take it easy at first and do what you can do. This will consist of a lot of stretching, making you feel much more relaxed. While cardiovascular exercises are meant to pump you up and eliminate the core of the anxiety to prevent attacks, yoga can help you relax so that you can work through the attacks, manage them and relax.

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One thing that anyone who suffers from anxiety wants more than ever is to be able to relax. And practicing yoga can get you to do just that.

In addition to yoga, you will also learn breathing techniques that can help you overcome your anxiety and depression. Breathing in through your mouth and holding the air in your lungs for a few seconds, gradually letting it out through your nose will also help you concentrate when you are practicing yoga and also aid in the relaxation techniques.

When you practice yoga, you can do so right before bedtime. This will make you much more relaxed and able to go to sleep. Many people who suffer from anxiety also have problems with insomnia as well. You can help your anxiety symptoms and also relax before you go to sleep when practicing yoga.

Exercise truly is the wonder cure for many different ailments, including anxiety attacks. If you find yourself heading for an anxiety attack, do something physical such as exercise so that you can work out the anxious feelings either through cardiovascular exercises and yoga.

### **Chapter 9 - Behavior Therapy**

Behavior therapy is one way that you can help yourself try to deal with your anxiety and panic attacks. You may feel that you do not need therapy or be hesitant about getting this type of help. After all, therapy is something to be ashamed of, right?

Wrong! If you are experiencing any type of mental disorder such as anxiety or panic disorders, you should get therapy. Even if you opt to go the medication route, you will still most likely be advised to see a therapist or counselor.

There are many different ways that you can get help when you are seeking counseling for your anxiety attacks. If you are on limited funds, you may qualify for help through the town in which you live. There are often social agencies that provide counseling services for people if it is not covered by insurance or if they are below poverty level. Many counselors will also work on a sliding scale.

Some of the options available for you when you are suffering from anxiety include:

- Psychiatrist
- Psychologist
- Therapist
- Counselor

All of the above have different licenses and degrees. Of all of them, only the psychiatrist is a medical doctor. In most cases, you will not see a psychiatrist but a therapist or counselor.

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If you see a psychiatrist, he or she will be able to prescribe medication for you. Most psychiatrists deal with people who have serious mental illness. While anxiety attacks are disabling, chances are that you will most likely see your medical doctor for prescriptions and a counselor for therapy.

A psychologist is someone who specializes in all forms of mental illness and treating them with therapy instead of drugs. You may see a psychologist for behavioral therapy. Many psychologists who practice with patients have a PhD in psychology and may be called "Doctor." They will give you the utmost care for your condition.

A therapist ordinarily has a certain type of therapy that they practice. They are in the healing business and are looking for a way to treat your condition. When you go to a therapist, he or she will listen to your symptoms and then advise a course of therapy that will help you. This may be the best option if you suffer from OCD, which responds well to behavioral therapy. One of the exercises that the therapist will advise is to use the effective rubber band trick. This is where you put a rubber band around your wrist and snap it whenever you have an intrusive thought. This prevents you from seeking out the morbid thoughts.

A counselor is like a therapist and will talk to you and make suggestions. Counselors often deal with family, social and marriage issues rather than anxiety disorders, but they can give you help.

If you are suffering from chronic anxiety attacks, it is in your best interest to talk to a counselor, therapist, psychologist or psychiatrist. If

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you cannot afford these services, ask your town if they offer free or sliding scale services. Many do.

Another way that you can get help to talk about your anxiety is to join a group of others who also suffer from this common disorder. You will be surprised to see how many people are also in the same boat as you. Chances are that you know someone who suffers from anxiety just like you, but never discusses it.

Many people do not want to discuss their mental disorders as we have been conditioned to think that if we have anything wrong with us mentally it is something that we should be ashamed about. Mental disorders have had a certain stigma in our society, even though they are no different than having any other medical condition.

When you go to your counselor, make sure that you feel comfortable talking to him or her. It may take you a few sessions to warm up to the counselor, or you might be able to start talking right away. Each person is different as is each counselor.

Behavioral therapy will often do the following:

- Make a diagnosis of your problem
- Get to the root of the problem
- Come up with a plan for how to treat your problem

Counselors do not dig into the past as much as a therapist or psychologist is bound to. For the most part, counselors are usually seen on a short term basis. They are usually adept at making a



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diagnosis and coming up with a plan to help you. They will often come up with behavioral exercises that can help you alleviate the symptoms of your panic and anxiety attacks.

A therapist is more likely to dig into your past, as will a psychologist. They will not just treat the condition but find out why you are suffering from it in the first place. If you suffer from chronic anxiety that is very debilitating, you may want to consider seeing someone other than a counselor who can help you get to the root of the problem.

In addition to the rubber band trick, counselors may have you do writing exercises or read books to help you find out how to cope with the anxiety. Sometimes, just talking to the counselor will make you feel better.

If you are suffering from chronic and disabling anxiety attacks, talk to a counselor, therapist, psychologist or even a psychiatrist. Find a way that you can get some behavioral therapy.

Some therapists today are using light boxes to help you overcome anxiety attacks. The way that these work is that electrodes are attached to your scalp and you have your hands on a light box. There are two different types of lights on the box. When you have a feeling of anxiety, the box lights up. You are then conscious of the fact that you are feeling anxiety and have to try to train yourself to stop the thoughts and turn off the light. There are many variations to this type of therapy, but they work well. They teach the patient the appropriate response for their anxiety attack.

### **Chapter 10 - Negative Talk = Self Destruction**

Talk therapy is one of the best ways that you can help yourself prevent or treat anxiety and panic attacks. Talk therapy includes talking to yourself as well as to a counselor or even a friend.

Many people feel as though they are “going crazy” when they experience an anxiety attack. If you are like most people who suffer from anxiety attacks, you are plagued by negative thoughts. Negativity is one of the reasons why people suffer from anxiety attacks. If you can recognize these thoughts and how detrimental they are to your well being, you can turn them around into positive thoughts and make a big difference in your life.

Most people who suffer from anxiety or panic attacks are worried about something and are thinking the worst, despite all sense of logic. This is usually not the cause of the anxiety attack, but is something that you grasp onto when you are having an anxiety attack.

Anxiety or panic attacks are usually inside and will feel as though you are in pending doom. Your body reacts the same way as if you do when you are in a life threatening situation. But you are not in a life threatening situation - that is the difference. Oddly enough, those people who suffer from anxiety are usually calm when they need to be, such as when they are in a life threatening situation or if a member of the family is. It is a week or even a month later before they have the anxiety attack. The body reacts like it is in such a situation and the mind then looks for something to be wrong.

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Many people who suffer from anxiety or panic attacks often have a sense of doom and think that there is something wrong with them. They will often invent illness and disease and latch onto it. This is the body's way to deal with the stress. Because the body is working overtime to react like there is something wrong, the mind has to invent the same. And it does so in a number of different ways. They include:

- Worrying excessively
- Criticizing oneself
- Feeling victimized

Usually, you fall into one of these three categories.

If you are worrying excessively, chances are that you are telling yourself, not aloud but in your head, that something is wrong. You are forcing negative thoughts onto yourself and often giving yourself something to worry about. A person suffering from an anxiety attack will often have a headache and think that they have a brain tumor. They often jump to the worst possible conclusion that there can be. This feeds onto the anxiety, making it even worse.

*When you are having an anxiety attack, be aware of your worries and turn them into something positive. If you are worrying about some obscure disease, reason with yourself and use behavioral therapy to keep such thoughts out of your head.*

Others will constantly criticize themselves when they are undergoing anxiety. Nothing that they do is right and they feel very useless. Again, this is negative thought and feeds the anxiety. Negative feeds

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off of negative and gets you nowhere. When you talk to yourself in this matter, you are putting yourself down and feeding the anxiety.

*Instead of putting yourself down, start pulling yourself up. When you hear yourself telling yourself how terrible you are, turn that around and start saying some positive things to yourself. Turn the negative into positive and this will cut back on the anxiety attack.*

Still others will see themselves as the helpless victim. They bemoan the “poor me” attitude all of the time. They often think that the situation is hopeless and feel much pity for themselves. This, again, is negative thought that does not help with the anxiety, but only feeds off of it.

*If you catch yourself feeling sorry for yourself during an anxiety attack, stop the pity party and start giving yourself a boost. You are a warrior, a conqueror, a fighter. You are not about to allow negative thought bring you down. The more you do this, the more you will believe it yourself and see yourself not as a victim, but as a winner.*

The next time you have an anxiety attack, try to pick up on the negative self talk that you are giving yourself. Is this what you really want to say? Can it be turned into positive talk? Start turning the negative into the positive and see if it makes a difference in your anxiety. Part of conquering your anxiety is to recognize it for what it is as well as the negative thoughts that proceed it.

## Chapter 11 - 10 Steps To Cope With Anxiety

You can also use some tips on how to cope with anxiety on your own to lessen the effects of the anxiety attack. You do not have to feel helpless when you are going through one of these attacks. Here is a 10 step program that can teach you how to cope with anxiety attacks in your own head:

1. The first step is to recognize that you are having an anxiety attack. If you are a worrier, you may feel that you have some sort of disease. Discount these thoughts from your head and realize that you are having an anxiety attack. Tell yourself out loud that “this is an anxiety attack - it will pass.”
2. Recognize your negative thought process and turn it into something positive. Instead of thinking that you are having a heart attack, or some sort of disease, you have to recognize what you are doing is creating more anxiety upon yourself. Stop talking negative to yourself and start the positive talk.
3. Take a breather. Breathe in through your mouth and gradually let the air out through your nose. Getting in enough oxygen will help you feel better. If you need to take a drink of water, do that. Try to create a sense of calm around you by practicing these breathing exercises.
4. Ask yourself why you are worried or anxious. Has it happened in the past? What are the real probabilities of it being true? Chances are pretty good that what you are worrying about is not true - right?

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5. Start feeding yourself with positive thoughts and giving yourself a new pep talk. You are worried about something that the odds are very much against. Realize that and tell yourself about it. Feed yourself positive thoughts.
  
6. Write down your positive thoughts on paper. This is a way of reaffirming how you feel about yourself. Many doctors feel that anxiety is due to a lack of self esteem. By boosting yourself up, you are getting to the root of the problem. Write down your positive traits instead of dwelling on negative and senseless worries.
  
7. By now, you might be feeling a bit better. Look for something to do around the house that is physical. Or you can exercise or do yoga. By taking your mind off of the negative thoughts and completing a task that you have been meaning to do, you can work through the anxiety attack.
  
8. When you are having an anxiety attack, you should have a place that is “safe” for you. A safe place can be a certain chair, room or area where you feel safe. It can even be a safe place in your mind. Use your imagination to come up with a haven in your own mind.
  
9. When you are not having an anxiety attack, write down some of the things that you have worried about in the past and whether or not they have come true. Chances are that none of them did. Take a look at this list when you have your next anxiety attack. It may be something to help you get over the attack.

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10. Realize that the anxiety attack will pass. But also be aware that anxiety and panic attacks will come and go. Each time you have an anxiety attack and use this 10 step program, you will feel yourself getting stronger.

The most difficult thing about this 10 step program towards coping with anxiety attacks is to realize that what you are having is an anxiety attack.

## **Chapter 12 - More Coping Skills**

The 10 step program to work yourself out of an anxiety attack works well when you are having an attack. But there are more coping skills that you can use to help you prevent anxiety and panic attacks.

### ***Relaxation Technique***

Try to find a relaxation technique that will work for you. This can be yoga, deep breathing or even meditation. This should be something that gets you to be able to relax and become calmer. What works for one person does not necessarily work for another, so come up with an idea for relaxation that will work for you.

### ***Exercise Routine***

Start an exercise program today. Even if it is a just a couple of deep knee bends, this is a start. Exercise can really make you work through the anxiety attack, and is advisable for everyone. This is especially important if you are prone to anxiety attacks. Develop a routine and make it a habit.

### ***Cut Out Stimulants***

Get rid of the caffeine and nicotine from your diet. These will only serve to exacerbate the anxiety you are feeling. Start eating a healthy diet and take a multi-vitamin to make sure that you are getting the



proper nutrients. This can be something you do right away to help yourself with your panic and anxiety disorder.

### ***Acknowledge That You Have Anxiety***

An anxiety disorder is nothing to be ashamed of; it is like having a broken foot. Mental disorders, even today, have a stigma in our society. Hopefully, by working on this as a society, we can learn to overcome this type of stigma that those who have mental disorders face. When you admit that you have anxiety and see a therapist or counselor, you will be surprised at how many other people you see who are in the same boat as you. There are a great deal of people today under stress and suffering from anxiety disorders. Many of them try to self medicate.

### ***Do Not Self Medicate***

Do not take alcohol or street drugs in an effort to self medicate yourself for your condition. If you take medication, take that which is prescribed for you by your doctor. If you run into problems with the medication, talk to the doctor about this. A doctor is much better at helping you deal with your anxiety issues than a bartender.

### ***Learn To Express Yourself***

Most doctors believe that anxiety is the result of long-term stress. If you learn how to express yourself, you may be able to alleviate some

of the stress from your system. Many people who have anxiety have deep, pent up emotions that they feel they cannot express.

### ***Talk Positively To Yourself***

If you catch yourself using the negative self talk as described earlier, turn it into positive self talk. This will help you deflate the pending danger that you feel you are facing. Most of the time, anxiety is like a fear that grips onto you and does not let go. You have to learn to recognize it as an anxiety attack and deflate the fear. This can be learned on your own, or by working with a counselor. Stop inventing danger in your head to justify the attack. Once you realize that it is an anxiety attack, and stop trying to turn it into something that it is not, you will be better able to cope with anxiety.

### ***Learn To Recognize The Triggers***

Sometimes, keeping a journal of your anxiety attacks can be a big help. They can help you find a pattern or learn to recognize a trigger to the attacks. While some people seem to have anxiety attacks after a particularly stressful event, others just have them for apparently no reason at all. You have to learn how to recognize the triggers that signify an anxiety attack. The best way to do this is through keeping a journal and learning to recognize the triggers.

Once you pin point the triggers of an anxiety attack, you can learn to face them. When we face our fears, we often feel stronger and more confident than when we avoid them. While you should not intentionally

overload yourself and bring on an anxiety attack, if you face your fears, you may be able to help yourself.

If, for example, you seem to get anxious every time that you go to a certain classroom, write that down. Write down all of the things that you are afraid of and what can trigger an anxiety attack.

### ***Learn Why The Triggers Make You Anxious***

It is good to recognize the triggers of an anxiety attack, but you have to learn why they are making you anxious in the first place. What about this set of anxiety or panic triggers sets you off? Do they remind you of someone or something that makes you anxious? What about them do you fear? Once you can put this down in words, they will not seem so scary. When you take the triggers apart and figure out why they are making you anxious, you are giving yourself more power and them less power.

If you are afraid of bridges, for example, you may get an anxiety attack when you have to go somewhere that there are a lot of bridges, or if you have to cross a bridge. But you should figure out what about that bridge makes it scary to you.

### ***Be Realistic About Your Fears***

Once you have recognized your fears, try to be realistic about them. What are the odds of something like this happening to you? If you get anxious when you go over bridges, for example, as we described in the

paragraphs above, what about bridges make you anxious? You may fear that the bridge could collapse or you may fall off the bridge. What are the odds of that happening to you? How many times has this bridge collapsed in the past and how many people have inadvertently drove off bridges? Once you realize that your fears are far-fetched, they will not seem like giant monsters, looming over you any longer. They will be put right back into their proper place where they belong.

### ***Have A Support Group***

A support group can really help you get through your anxiety attacks, especially if it is made up of other people who are also experiencing anxiety. Even if you do not feel the symptoms, attend the support group. And when you feel an anxiety attack coming on, get control of it by reaching out to members of your support group. They should be there for you as you will hopefully be there for them. A support group can be formal or informal. Even if you have friends or relatives (and you most likely do) that also experience anxiety, you may want to join a support group. Or you can just talk to your friends. Reaching out to people who have been through what you are going through is one of the best ways to cope with anxiety disorders.

### ***Practice Stopping The Attacks***

Tell yourself, when you are experiencing a panic or anxiety attack to just stop it. If you tell yourself “stop it, this is nothing” often enough, you will start to listen sooner or later. Again, the key to treating the anxiety attack is to recognize it for what it is. It is just an anxiety attack

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- nothing more, nothing less. Learn to use all of the techniques that are written down here and also to tell yourself to stop having the attack.

If you are suffering from anxiety attacks, chances are you are having intrusive thoughts that are plaguing you. Learn how to manage these thoughts by recognizing them as they are . They are negative statements or actions that you are making yourself that will result in an anxiety attack.

Many people have anxiety attacks because they are afraid of getting old, sick or dying. For these people, every time they get an ache or pain, no matter how insignificant, they will give it more power than it deserves and allow it to manifest itself into what they see is a real fear.

Instead of treating an ache or a pain as what it really is, they will give it so much power that it will be able to take over their life. The ache or pain grows to the point where they become convinced that they have some disease, even if they do not have any of the symptoms.

They may be tempted to go online and look up symptoms of the disease that they imagine that they have. This is a negative behavior that should be stopped. No one should look at health symptoms online - any doctor will tell you that. Not only are many of them inaccurate, they are also very vague. You know when there is something wrong with your body and you will see someone about it if there is. Do not turn something minor to something major in your head. And do not feed the anxiety by performing negative actions, such as looking up every symptom of every disease online.

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Learn to stop negative thoughts and actions cold. Once you can practice doing this, you may find yourself taking better hold of your anxiety attacks.

### **Chapter 13 - Meditation To Help Anxiety Attacks**

The ancient art of meditation can help you cope through your anxiety attacks. Meditation is one of the oldest techniques to use in the world to get your mind clear of negative thoughts. While some people meditate to achieve a higher consciousness, others will meditate as a way to establish peace and harmony in themselves.

Learning mediation can be easy. You do not have to, despite what you think, sit in a lotus position in order to meditate. You can practice meditation from just about anywhere, even in your office.

The first step that you should take when you are using meditation to help with anxiety attacks is to find somewhere comfortable where you can sit. You should be totally comfortable and wearing comfortable clothing before you start meditating. This will enable you to be able to relax.

The second step is to allow your body to relax. Shake yourself out sit in the comfortable position. Then roll your head around to loosen up tense muscles in your back. After that, you will want to start with your feet and imagine your toes all falling asleep. Continue up to the feet, the legs and then your body. Allow your arms to relax so that they are hanging by your sides and continue to work your way up to your head. Allowing your body to relax one step at a time takes a bit of practice, but this is one of the oldest relaxation techniques in the world and really does work to relax your body.

The next step is to relieve the burdens from your mind. You can do this by concentrating on a single object. Continue to concentrate on

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this object as a fixation. The object can be anything you want it to be, but it should be something positive. By giving this object your full and undivided concentration, you are clearing all thoughts from your mind. You are transferring all of your energy to the object and ridding your mind of all negative thoughts.

After you have become entranced with the object, close your eyes. You will see the object in your mind with your eyes closed. You may feel a sense of peace or elation at this feeling. This is meditation.

You can play music when you are meditating or you can have total silence. Sooner or later, you will learn to tune out all that is around you so that you feel as though you are floating. Meditation can bring you the peace that you are so desperately looking for when you are having an anxiety attack.

Mediation is an eastern philosophy that is often associated with the Buddhist or Hindu religions. Although this type of meditation is practiced by these religions, most religions have some sort of meditation.

If you are a religious person, you may find comfort in going to church. Things look less scary in a church than in any other place and you may find a sense of peace when you attend church. Some people who go to church or practice a religion state that they have a better sense of understanding when they are praying or in church. If you take apart all of the religions in the world, most of them incorporate some sort of meditation. Moslems and Catholics use prayer beads, as do some Eastern Orthodox religions. Other religions use praying as a form of



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mediation. They continue to pray over and over, repeatedly. This behavior is associated with a mediation, although it may not be called this.

Meditation can be secular or it can be a religious experience. Either way, it can help you overcome anxiety attacks.

### **Chapter 14 - Aromatherapy To Treat Anxiety**

Aromatherapy is another eastern art that has been embraced by the west as of late. As more people turn away from traditional healing means such as doctors and hospitals, more are concentrating on looking for alternate means to treat their illnesses. Doctors will tell you that alternate medicine does not work and that people who resort to this are usually so desperate that they will believe anything. But many of those who have used eastern arts as a way of healing would not have it any other way. Some people credit eastern arts such as aromatherapy as curing them from their ills.

Understand that if you have anxiety disorder, there is no “cure.” But there is treatment and anxiety attacks can be controlled.

Aromatherapy can be performed by a homeopath or other person who specializes in this form of healing. Aromatherapy to treat anxiety is usually consistent of inhaling essential oils and allowing them to penetrate your bloodstream through your lungs. In some cases, the essential oils that are used in aromatherapy can be mixed with other oils and then massaged into the skin. This enables your body to absorb the oils through your skin.

If you want to try a little aromatherapy at home to treat your anxiety, try using lavender oil. Lavender oil is one of the calming oils that are used to treat anxiety and is one of the safest of all the oils to use. Essential oils are those that are derived from flowers, bark, grasses or herbs to create the oil. If you are using aromatherapy, you will want to try to get some lavender oil.

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Put the oil in an infuser and light the infuser. You can then relax and inhale the scent from the oil. Lavender oils are very calming and can help you overcome your tension. You may want to practice this with other relaxation and calming methods.

If you choose a massage, you can either have a partner give you an aromatherapy massage or you can go to a salon that specializes in this type of service. Many full service salons today are offering massage for their clients. As a matter of fact, the number of people who are requesting massage has doubled in the past 10 years. Everyone feels stressed out most of the time - you are not alone.

Aromatherapy can be a way that you can treat yourself at home for your condition. When you use this in conjunction with other relaxation techniques, it can help you work out your anxiety.

### **Chapter 15 - Acupuncture To Treat Anxiety**

Acupuncture is yet another eastern healing art that has gained notice in the west as a way to treat various ills. Acupuncture is not something that can be performed at home, but by someone who is licensed in this field.

Acupuncture works by targeting points of the body that are related to other points of the body and using pins as a way to relieve pain and promote healing. Most people think about acupuncture as getting needles stuck in them. While pins are used in this healing art, it is about much more than just getting pins stuck in your body. It has proven to be beneficial at treating a number of different illnesses, including anxiety disorders.

You normally have to be treated more than once in order for acupuncture to work for you. In most cases, it will be a few sessions before you start to notice a change. But those who have undergone this type of treatment will often swear by it and tell you how it helped them.

It cannot be repeated too much that what works on one person does not necessarily work on another. This is why it is important to try the right remedy for anxiety to work on you. While one person may swear by using acupuncture as a way of treating anxiety, another will resort to therapy and medication. Any way that you go, it is important to realize what will work to help you in your individual case of anxiety disorder.

### **Chapter 16 - Keep Your Humor**

It is often said that laughter is the world's best medicine. Scientists know that when we laugh, we boost our mood. Start to find the humor in life and you may start to feel better.

Much of the reason that we feel anxious all of the time is because we have too much negative information. If you turn on the news, open a paper or even go on the internet, chances are that you will be bombarded by negative information. While you do not want to go around with your head in the sand all of the time, not knowing what is going on, unless you are the head of state, you do not have to know every single problem that exists in the world.

After 9/11, many people became anxious or depressed. This was a very trying time for Americans and many feared another attack. People began seeking help for treatment and also becoming increasingly fearful that another attack was going to harm them or someone who they loved. In Chicago, 210 people who worked in the Sears Tower in some capacity actually quit their jobs out of fear. At that time, those businesses or firms in the Sears Tower in Chicago were actually paying more money for people to work there - so deep was the fear.

One of the reasons why many people became very anxious after 9/11 is because they were bombarded with this horrific event over and over again. While the nation tried to make sense of what was happening, news coverage was non-stop. Local television stations cancelled their regular broadcasting for a week and devoted everything to this catastrophic event.

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While the 9/11 case was very unique and hopefully will remain so, the effects of being bombarded with negative images and horrifying stories became more than most Americans could bear. It is no wonder that so many people sought treatment after these attacks.

While this event was shocking and it was essential to let people know what is going on, it demonstrates just how such intense coverage can play a role in the psyche of people. If you surround yourself with negative images and stories by watching the news non-stop, you may find yourself getting anxious or even depressed. What are you watching on television most of the time or reading on the internet? Take a look at your viewing habits - they may be able to tell you why you are feeling anxious.

Try to incorporate some humor into your life to alleviate the stress. The easiest way to do this is to watch some humor on television. If you feel yourself getting anxious, flip on the TV and watch the comedy channel or some other program that is funny. You can even put a DVD in of your favorite comedy movie. This can help you cope with your anxiety and may relieve it a little for you.

Humor can really help when it comes to coping. This is not to say that you should never know what is going on in the world and have to laugh all the time, but just to say that perhaps what you are watching all of the time on television is affecting your mood. By monitoring the news all the time, non stop, you may be creating more anxiety for yourself.

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Start by changing your viewing habits as well as what you read online. Change your home page if yours is filled with depressing events. Try this experiment on yourself to see if it makes a difference in how you feel. You might start feeling your mood start to elevate after you have changed your habits to something lighter.

Many people swear by using humor as a way to treat many mental disorders, especially anxiety and depression. There are those who say that their positive approach to life enabled them to beat disease, including cancer, when doctors had given up hope. You have the power in your mind to be a happier person if you want it. Start using your mind in this fashion and you may start to feel much happier mentally and also feel the burden of your depression starting to lift.

### **Chapter 17 - Creativity And Hobbies**

Do you have any hobbies or projects that you enjoy? Many people who are filled with anxiety will tell you that they do not have any hobbies or have given up on their hobbies and interests. Perhaps what you need to help you overcome anxiety attacks is a little bit of creativity.

Sigmund Freud said that depression was the result of stifled creativity. Freud, the founder of modern psychiatry, saw that many people who were highly creative also had mental disorders, including depression and anxiety.

If you start a hobby that interests you, chances are that you will take your mind off of the problems that you are imagining and start focusing on this hobby. Many people will look for a creative outlet when they are feeling anxious.

In order to find the right creative outlet for you, take a look at your past and what you liked to do. What sort of hobby or creative project interests you? Are you making time for that in your life right now?

Chances are that you are not making any time for anything when you are feeling anxious - other than the anxiety, which can take over your life if you allow this to happen. Start thinking of hobbies as well as creative pursuits that you can follow to allow yourself to feel more in control and less anxious. Some of the most popular hobbies include:

- Painting
- Writing



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- Needlework
- Scrapbook making
- Photography
- Woodworking

This is just a few of the hobbies that might help you when you are feeling anxious. If you focus on the hobby, you will focus less on your own anxiety and can stop the negative thought process in its tracks.

If you are unsure about a hobby, or have a hobby that you would like to try but do not know how to go about it, you can go to your local parks department to see if they are offering classes. You can also look to stores that sell supplies, such as scrap book supplies, and see if they have a class that you can take to learn the tricks of the trade. Sometimes, just doing something creative alleviate the anxiety.

When you feel an anxiety attack coming on, start to express what you are feeling in a creative way. This is often taught in art therapy for those who have chronic pain, such as headaches. Many times they will paint what they are feeling when they have a migraine headache. This can help them endure the migraine and also make something positive come out of the experience.

Creative pursuits can help you endure the anguish that you feel when you become full of anxiety and are a much more positive way of dealing with these feelings than by trying to self medicate yourself with alcohol or other means. You may even find that you have a knack for a certain hobby and can make something good come out of your anxiety.

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One woman who had anxiety began to knit. Needle work is a good way to alleviate stress because it entails concentrating on a repeated pattern. Many people today are seeking a way to learn how to knit, crochet or perform needlework tasks. These domestic arts are coming full circle as people find that they are under a great deal of stress and need something to help them cope.

Writing is also a very creative pursuit and can be a way to allow the negative energy escape you. If you feel as though you are getting anxious, you should write down what you are feeling. You can do this in the form of poetry or prose. You do not have to be talented to do this and you do not have to show anyone what you are writing, either. But this can be a way to help you transfer your anxiety onto paper and thus, ridding it from being trapped in your mind.

Keep a journal and write down your negative thoughts to try to expel them from you body. Writing can be one of the best creative pursuits for anxiety as it does not cost any money and can be done on the spur of the moment. Just have a pen and paper and write your thoughts out.

### **Chapter 18 - Negative Influences**

If you are suffering for anxiety attacks, take a look around you and see what you have surrounding you. Are you surrounded by positive people or negative people? What about your job - how well do you like that?

A great deal of people will say that they dislike their jobs. Some people will even have an anxiety attack when they are going to work each morning.

One woman relates a tale of how she suffered from anxiety attacks frequently when she went to work each morning. There was a woman at work who used to bully her a great deal of the time who drove a blue car. She would pull up to the office and see the woman's blue car and feel a sense of anxiety at this.

She chalked everything up to the job, but soon found that she was getting anxiety attacks whenever she was on the road and spotted another vehicle that looked like the one owned by the other woman in the office. She soon got so bad that she started to curtail her trips to the store and other places, unless they were very necessary. She began to limit herself to just going to work. But the anxiety attacks did not stop.

Eventually, she sought out the care of a doctor who advised her to look for another job. When she found another job, she started to feel better. Gradually, she began resuming her old lifestyle and started going out like she did before the attacks.

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In some cases, when the anxiety is triggered by a certain person or place, it is best to remove that trigger from your life. Even if it means getting another job. No job on Earth is worth fretting about all of the time and making yourself nervous. If you are finding that you are getting anxious when you are going to work, and actually suffering from an anxiety attack because of this, perhaps it is time to look for another job.

This goes for the people who you have in your life as well. Are they negative or positive? While there is not much we can do about most of our relatives, if we have one who is constantly putting us down and trying to make us feel bad about ourselves, we may start to develop anxious feelings when being around this individual. It is best to limit our contact with them. Persistent negative energy around you all of the time is not good for you psychologically and will only continue to add to your stress. Take stock in those who you have around you and see if there are some changes that need to be made.

### **Chapter 19 - The Depression Link**

Throughout this book, depression is mentioned with regard to anxiety. This is because most people who suffer from anxiety also suffer from depression. As a matter of fact, you might say that anxiety and depression go together like peanut butter and jelly. You may think that they are opposites as depression seems to contradict anxiety and vice versa. But more often than not, they each feed off of one another. This why most people who are prescribed medication for their anxiety attacks are also put on an anti-depressant.

It is very rare that someone will have anxiety without depression. Most people will have an anxiety attack right after a period of intense depression. The anxiety is almost like the depression trying to escape the body. And after anxiety attacks subside, many people tend to become depressed.

Medical science is not sure why some people are prone to depression and anxiety and others are not. Earlier in this book we talked about some of the causes of anxiety - including a chemical imbalance or the heredity factor. For the most part, however, no one is very sure.

Some people who are in a depression do not even realize that they are in this state. They curtail their activities, find no joy in any sort of living and start to shut themselves off from family and friends. Very few people realize it when they are in a state of serious depression. They may tend to sleep a great deal of the time or not be able to sleep at all. There are many signs and symptoms of depression and they often mirror that of anxiety. The most common sign of depression is that they person suffering from this condition does not get much joy out of

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life. They may feel that their life is worthless, may feel angry or even guilty about something that happened in the past. There are all sorts of reasons why we can get depressed.

Most people will get the blues some of the time. Depression is more than just a mild case of the blues. Those who suffer from depression are suffering from a disabling condition. And, if it gets out of hand, depression can be a fatal illness. People who commit suicide are suffering from intense depression. They get to the end of their rope and cannot face life anymore.

This is why most doctors will prescribe anti-depressants when you go to them for anxiety. They recognize that the underlying cause of anxiety is usually depression and will give you medication to restore what they see as a chemical imbalance in the brain.

If you feel depressed and anxious, do not wait until you are at the end of your rope to get help. Do not try to self medicate by taking drugs or alcohol to help your condition - you will only make it worse. The tips on coping with anxiety attacks that are in this book are meant as a way for you to get help for yourself. You should know that you are not alone, nor do you have to live this way any longer. There is help available.

Take a proactive approach to your condition and, if you are suffering from anxiety and depression, seek an evaluation by a doctor. They will most likely ask you some questions about how you are feeling and give you a clinical diagnosis right on the spot. It is not unusual for doctors to give anti-anxiety and anti-depressant medication when you go in for a visit.

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If you have been diagnosed with anxiety and depression, start treating yourself right by eating right, exercising and using the tips that are outlined in this book as a way to feel better about yourself. Do not feel embarrassed about your condition as it is something that you cannot help. Do not be afraid to talk to your doctor about it and get some help for yourself.

### **Chapter 20 - The Cure?**

By now you have learned all there pretty much is to know about anxiety and panic attacks. Hopefully, you can start putting some of these tips to the test and start helping yourself get through your anxiety attacks.

There is no cure for anxiety disorders. Those who suffer from anxiety disorders are most likely going to have them throughout their lives. While some environmental factors may influence anxiety disorders (like menopause) they only add to the anxiety but are not at the root of the cause.

Find a counselor or doctor who you trust who will be able to direct you in the right direction. If the doctor prescribes you medication, take it as instructed so that you can get the best results. Also do some things to help yourself as outlined in this book so that you can feel as though you have a little bit more control in your life.

Realize that you can never have total control over your life, that despite your best efforts, there are still things that are going to get out of control and that this is okay. Once you are ready to relinquish some of the control that you think you have over your life, you will most likely start to feel better.

Anxiety disorder can be a disabling condition, or it can be a condition that is controlled by a number of different means. Anxiety can be a snarling beast, or a whimpering puppy in your mind - the choice is yours.



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While you cannot take control of your entire life, you can take control over this condition. Do what you can do to help yourself and you will be able to effectively treat and prevent anxiety and panic attacks.