

Published based on [How To Get Back On Track After A Panic Attack Without Medications And Extensive Therapy](#)

How To Get Back On Track After A Panic Attack Without Medications And Extensive Therapy

If you're trying to discover [what to do when having a panic attack](#), this article was written for you. No matter how severe your symptoms, you CAN take control of your panic attacks finally and take your life back.

As an individual who suffers with panic attacks, you're not alone. In fact, 1 in 75 people experience some degree of panic on a regular basis. However, those people will not all experience the same degree of panic – some may experience very mild symptoms, to the degree where they may not even realize that they are experiencing panic.

Others can develop such serious symptoms that they don't even want to leave their home. And it's no wonder, when you consider the symptoms that develop with a panic attack.

Symptoms such as chest pain, a feeling that your heart is beating very quickly in your chest, a feeling that your heart is skipping beats, shortness of breath, nausea, and even numbness and tingling in the arms and legs can all be very scary.

In fact, some even wonder if they will survive their next panic attack, fearing that it will be too much for their heart to deal with.

If you want to discover [what to do when having a panic attack](#), you first have to understand that this condition is really stimulated by your fear of it.

The first time a person has a panic attack, it is usually due to something stressful happening in their life. After that, though, you begin to fear that another attack will happen, and usually at the most inconvenient time.

This fear initiates a chemical reaction in the brain, which causes the body to physically respond to the fear. This is why you experience the symptoms that you do – your body is just reacting to what the brain is doing during a panic attack.

The key is to learn how to address this fear, which is the major reason that most traditional treatments for panic attacks are just not as effective as you would like – they don't deal with the cause of the issue, which is the fear.

For example, therapy, breathing exercises, yoga, and medications are often recommended, but all of these are designed to help the body relax – they really don't deal with the source of the issue. Therapy will usually address this issue eventually, but it takes a very long time in most cases.

One thing that I've found to be the most effective in helping my patients who experience panic attacks is a method called the "One Move Technique." This is a simple technique you can use when you begin to notice a panic attack coming on, which will help you eliminate the fear, and thus the symptoms.

It's very effective and works very quickly – in fact, most of my patients notice a difference immediately, and I can tell you from experience that the success rate is almost 100% with helping people to eliminate their panic attacks.

If you'd like to discover how you can learn the One Move Technique, or learn more about what it is and how it can help you, you can click the following link ([what to do when having a panic attack](#)).

You can also find this article published on [How To Get Back On Track After A Panic Attack Without Medications And Extensive Therapy](#), and on the tag pages [how can i prevent a panic attack](#), [how do i control a panic attack](#), [how to avoid](#), [how to get back on track after a panic attack](#), [how to handle panic attacks](#), [how to stop a major panic attack](#), [how to stop a panic attack](#), [what to do when having a panic attack](#).