

Published based on [How To Get Rid Of Panic Attacks - Create Your Own Panic Attack Action](#)

# **How To Get Rid Of Panic Attacks - Create Your Own Panic Attack Action**

If you are a panic attack sufferer or know someone close who is, you'll be aware of the various methods and options for how to control panic attacks. It can be overwhelming to read all of this information because there are so many different things to try! It is for that reason that you need to make your "how to control panic attacks plan", and one that is tailor-made for you specifically.

Of course, you'll want to work with a professional, or read a professional guide to ensure that you are coming about this the right way. Do be sure though to choose carefully who you want help from. Some physicians or helpers might give you medication for panic attacks without further thought, and this can have nasty side effects. Since you should be at the controls of your life, make sure you learn plenty beforehand so that you can have a decent conversation about the options available to you.

When you do find a good match as a helper, now you need to think about what are the choices. If your panic attacks are so intense that they truly render you incapacitated in life, then medication for panic attacks might be indicated initially. Some of these can help take away your symptoms in the short term, so you'll need to find a more long-term solution at the same time. Other options (e.g. herbs) can take a little time before they have any effect, so what do you do in the short term? Evaluating each and every herb or medication will be invaluable on your journey to find out how to control panic attacks.

Alongside herbal remedies or medicines, you may want to master some breathing techniques and add them to your arsenal. Use those to cope better with anxiety and panic symptoms, without making the mistake to think you're going to die or are going crazy. But if you reckon that calming yourself using breathing exercises could work, then stick it in your plan and learn about them to find the best one for you.

In addition to visiting with your doctor or holistic practitioner, you may want to work with an acupuncturist or other specialist as well. By discovering and learning about a number of methods for how to control panic attacks, you will begin to notice what works and what doesn't for you. Acupuncture for example can help restore some energy balance in your body and lower stress and anxiety.

In essence, you need to learn about all treatment variations you've got first. Then, write an outline of your panic attack plan. This includes what you're going to do in the short term as well as the long term to get rid of your panic attacks forever. It's a good idea to keep your short term plan (what you do when a panic attack hits) with you at all times so you can pull it out in time for your panic attack. Your plan will be yours and can be adapted with time, but you have now taken very positive steps towards overcoming panic attacks forever.

To get your completely free report about [overcoming panic attacks](#), and to learn how to [get rid of panic attacks](#) for good, visit <http://www.overcomingpanicattackshelp.com>

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