

Published based on [How To Stop A Panic Attack With Breathing Exercises](#)

How To Stop A Panic Attack With Breathing Exercises

Performing regular physical exercise is a simple means in [How to stop a panic attack](#) as it helps reduce anxiety. When we exercise, we burn up stress hormones which if built up, can cause anxiety attacks. Many people also find psychological benefits such as improved self-esteem and confidence.

People who exercise have more energy and find that they can carry out daily tasks with less effort and more efficiency. When you exercise it increases the body's need for deep sleep. Having a good night sleep helps to reinvigorate and re-energize the mind and body.

A lot of people avoid exercise like the plague. The ones that do start, may go for a few weeks and give up because of laziness or from lack of results. This is clearly not a good approach.

Exercise doesn't have to be boring and repetitive. Yoga and Pilates are good low impact forms of exercise or if you fancy something more energetic, how about joining a martial arts class such as kickboxing? There are plenty of books and DVDs available on yoga etc, if you rather not go to a class. With less stress hormones in the body, the brain and body can function at better capacity.

Apart from exercise there are other alternative [cures for panic attacks](#) such as relaxation and breathing exercises. When we feel physically relaxed we feel mentally relaxed which is why physical relaxation is such a benefit. Many of us believe that relaxation can only come when we're on holiday or on the weekend.

However this is just not true. It only takes seconds to become relaxed wherever you are. This means that with enough practice you can even do it at work, on the train, waiting in line and practically anywhere else.

Being able to switch on relaxation is a helpful tool in moments of anxiety and tension. When the mind isn't inhibited by negative emotions it can perform at a higher state. Which makes dealing with pressure and daily life issues much easier to cope with. When you think with clarity, your mind functions with rationale and logic, and this can help you dissolve anxious and fearful thoughts which can lead to an anxiety attack.

It's not unusual to find people who have trouble letting go of anxious thoughts. With regular practice of meditation however, anyone can learn to relax the mind. The use of positive imagery and statements also helps control sensations of anxiety and handle negative thoughts with greater ease.

The practice of meditation goes back thousands of years. Meditation can be practiced by anyone and not just Buddhist monks or Yogis. It isn't just reserved for those looking for spiritual enlightenment either. Many of those who practice meditation do it for the benefit of deep relaxation and rejuvenation.

Regular meditation will help you remain relaxed throughout the day and deal with stress much more easily. Additionally, you may experience less anxiousness and worry. Putting these [tips for panic attacks](#) into action may just be your step into overcoming anxiety.

You can also find this article published on [How To Stop A Panic Attack With Breathing Exercises](#), and on the tag pages [anxiety](#), [panic](#), [phobia](#), [stress](#), [worry](#).