

Published based on [Self Help For Panic Attacks](#)

Self Help For Panic Attacks

Because [panic attacks](#) can be unpredictable, they can be immensely terrifying when they happen. How you might ask, do we stop a severe attack? The best thing to do during a panic attack is to really do nothing or rather, don't fight it. Avoid letting anxiety symptoms rule your emotions and behavior.

Let the sensations and feelings run their course and remember that they will come to an end. Shockingly anxiety attacks can be so severe that sufferers think they are dying. Unfortunately symptoms of an attack can be very similar to having a heart attack.

Sharp chest pains, palpitations, difficulty breathing, shaking and a surge of adrenaline in their system can create frightening sensations. As severe as [Panic Attacks](#) can be bear in mind that they can't kill. When you have an attack try to inhale slowly and deeply and try to relax.

Often people hyperventilate when having an anxiety attack which triggers other symptoms. Keep control of your breath by taking deep and slow breaths. Doing this alone, can help calm you and alleviate some of the symptoms. Getting up and walking about can also help you feel more at ease.

When attacks happen, sensations can last for hours after, so try and remain relaxed and continue to breathe deeply. Engage in something that will distract you from thinking about the panic attack. You can try lots of things; take a bath, go for a cycle, read a magazine or talk to someone for support.

Anxiety disorders can be difficult to cope with so it's essential to seek treatment. You can't disregard your problem and hope it will go away. Anxiety disorders have been effectively treated with behavioral changing therapies. Without treatment a person's condition might worsen. Furthermore there is a high possibility of developing other health problems such as sleep and depressive disorders.

Life can seem almost intolerable when suffering from one disorder but a combination of depression and anxiety it's unbearable. People with depression have frequent feelings of hopelessness and sadness. Depressed people feel insignificant and feel that they have no life purpose. Sufferers are likely to lose interest in activities that they enjoyed before.

It's not surprising to hear that it's far more difficult to cure [anxiety depression](#). Those with anxiety and depression are more prone to bingeing, drug use and even suicide. Although recreational drugs and alcohol might provide temporary relief in some people, long term use can actually worsen the problem. What's worse is that sufferers can become dependent and unable to stop.

Insomnia is another frequent problem that crops up with anxiety disorders. A majority of people who suffer from anxiety disorders also complain frequently of the inability to sleep. Racing anxious thoughts and physical tension can keep a person feeling awake. Come bedtime they feel restless, tense and unable to switch their minds off no matter how tired they are.

After a poor night sleep, anxiety symptoms can feel worse combined with fatigue. Nights and even weeks of sleeplessness can occur which can be awfully difficult to deal with. It's best to get anxiety and depression treated as soon as possible. If you suspect that you have a problem don't ignore it and get help immediately.

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