

Published based on [Stop Taking Panic Pills - Discover The 3 Reasons Why You Should Avoid Panic Pills If You Can](#)

# **Stop Taking Panic Pills - Discover The 3 Reasons Why You Should Avoid Panic Pills If You Can**

Let me describe to you some important issues related to [dealing with panic attacks](#). In other articles I described how people who are dealing with panic attacks know how awful they can be, and how the physical symptoms, such as breathing problems, chest pains, or dizziness etc. can make you feel very worried. It is unsurprising, therefore, that the first plan action often involves seeing your physician. This is certainly the case if you already have some physical ailment, such as heart or lung problems. However, visiting your physician just to receive a "quick-fix" recipe of panic pills or panic tablets may not be the best idea. Let me describe to you what I feel are the main pros and cons of using panic medication.

So [how to stop panic attacks](#) then? A crucial aspect to fully be aware of when learning how to stop panic attacks is that panic attacks are not a physical ailment as such, but are much more related to your mind. No, you are not crazy, but it is well-known and well-documented that panic symptoms themselves are not dangerous. Naturally I agree they are awful to experience, but they do not bring your health in actual danger. So a large part of learning how to get rid of panic attacks is related to your beliefs about the symptoms. Having said that, the panic can be so bad that you might feel you have no choice, you simply need to go see a doctor and get medication. So when are panic tablets a good idea?

Here's when I feel you perhaps should take panic medication:

1. If your life is so disrupted by your panic symptoms that you feel it is impossible to function normally. This might mean that you cannot work, your relationships might be affected, or all you can do is to avoid places or situations that you would normally go to, and where that avoidance is making your life very difficult.
2. If quite some time has passed you did not yet overcome panic attacks with other help, such as from controlled breathing techniques, distraction, counselling etc.
3. If your panic attacks are in fact linked to another condition you might have, and which needs medication.

Now, you could simply take the above reasons and if none of them are true, then panic pills are not indicated. However, I have 3 more important reasons why taking panic tablets is no good.

1. If your symptoms do not disrupt your life too much (see point 1. above) and you feel this is unlikely to happen.
2. If what you want is immediate help every time, yet, you are also aware that panic attacks can only truly be overcome through a psychological approach.
3. If you admit to yourself that you suffer from a kind of dependency on, or even addiction to medication.

Of course, if you do take 'panic pills', you need to make sure that they do not interfere with other medications you are taking. You also need to feel comfortable with taking the tablets for a prolonged period of time.

Overall, it is important to keep in mind that "panic pills" are not automatically your first resort to get rid of panic attacks, as it will not actually solve your panic problem. It will help you [get rid of panic attacks](#) better perhaps, and also, in might make it more possible for you to use psychological treatment.

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