

How To Stop An Anxiety Attack - Sensational Techniques To Stop An Anxiety Attack In Seconds!

You're on an evening out, perhaps at the movies or out to dinner and are having a fantastic time. Then all of a sudden you feel short of breath, your heart starts racing, there's sweat pouring down your forehead and panic is setting in! You are about to experience an anxiety attack. If you suffer from panic or anxiety, I would like to show you how to stop an anxiety attack.

There are various forms of medication, especially tranquilizers, which are used to control panic and anxiety attacks. However the majority of medication used to control anxiety attacks build up beta blockers in the tissues of your body and can also be highly addictive. This is why a natural way to stop and control an anxiety attack is preferred.

Try the following relaxation technique: Firstly breath in air through your nose and take a full 5 seconds to inhale. Hold the breathe inside you for 7 seconds. Then release and ensure you exhale for 8 seconds. Continue breathing in this slow and controlled manner. Now in your mind turn your fear and anxiety into a physical object. Something funny and not threatening in anyway. Then in your mind tell this physical object (whatever it is) that represents your anxiety to "go away". Then tell yourself that you are now in control of the situation and that the anxiety was uninvited guest who is just leaving. Next in order to stop your anxiety attack you need to relax the body's muscles. However you need to concentrate of just one area of the body at a time. Start with your hands. Clench your fists and relax them 3 times. Then your feet, clench the muscles and relax 3 times. Work your way back up the body, continue to squeeze and contract the muscles and then release and relax. Continuing with the breathing techniques throughout. Often a panic or anxiety attack can go unnoticed by those around you. You probably appear calm and perfectly normal, while you are literally dying inside. This could actually prove advantageous in this situation. Try and silently control what is happening inside you. Tell yourself if no-one else has noticed it can't be as bad as you think!

For those who have never experienced panic or anxiety attacks, this can often be made into a laughing matter. However, you know as well as me that anxiety attacks are nothing to be laughed at! You should always consult your doctor if you experience regular panic or anxiety attacks. In the meantime you will find the techniques mentioned above of great comfort to you.

About the Author

WARNING: If you don't take control of your panic attacks, they will take control of the rest of your life! The next page contains some of the most shocking and yet enlightening information about how to [Stop Panic Attacks](#) that you will ever read. You simply cannot afford to miss this - [CLICK HERE](#)

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