

# Natural Ways to Deal with Panic Attack attacks and Anxiety

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*A panic attack is when your body experiences a rush of intense psychological (mental) and physical symptoms. At least one person in 10 experiences occasional panic attacks, which are usually triggered by a stressful event or situation. Panic attack or anxiety is a very personal problem, and the symptoms of anxiety vary from one person to the next.*

Some people say that anxiety or panic attacks that bring with them bouts of excessive sweating. Many people suffer ongoing states of anxiety or nervous tension and therefore excessive sweating becomes an everyday reality for them. There are several specific symptoms that you may experience if suffering from anxiety disorder such as restlessness or feeling keyed up or being easily fatigued, difficulty concentrating, fearful thoughts, nervousness, irritability, muscle tension, chest pain, stomach aches, headaches, sleep problems (difficulty staying asleep or falling asleep, unsatisfying sleep). The mental or psychological symptoms of anxiety can be even more severe, including phobias of all types, social discomfort, poor memory or obsessive thoughts. However, there are a few physical symptoms that are more common than others.

## Physical symptoms of anxiety

- ◆ The most common symptoms of anxiety have effect on the cardiovascular system – racing pulse, elevated blood pressure and shallow breathing.
- ◆ An increased pulse rate is one of the most anxiety symptoms. Some sufferers may feel that they have heart trouble, or even a heart attack.
- ◆ Blushing, excessive sweating or yawning are also common symptoms of anxiety.
- ◆ Dizziness is another feature in which one may feel simply light headed and find it difficult to concentrate while others can feel as though they are spinning off the face of the earth, some may even find it difficult to stand up.
- ◆ Stomach and digestive problems. These range from heartburn indigestion and constipation. When suffering a severe panic attack, some people may also feel nauseous.

## Treatment for panic attacks or anxiety

A “real” anxiety cure must be sustainable. It should not make your life progressively worse over time, creating a type of addiction that keeps sufferers feeling like helpless victims. A “real” anxiety cure is all about empowerment – taking back control over your life.

People generally seek traditional prescribed medications which may be addictive and even physically harmful. Some natural things those can be taken in case of mild anxiety.

## Natural medication

**Fish oil** - I think it is the non medicated way that has helped me to recover from the anxiety and panic attacks I used to live with.

Note: if you're considering taking larger doses of fish oil (such as those used in some research studies) it is especially important to clear this with your doctor first. Although it is a 100% natural substance, higher dosage of fish oil can have side effects, just like any other supplement.

For some people herbs and supplements offer a safe way to treat panic attacks like Kava Kava, an herbal treatment taken from the Kava crop of the western pacific, passion fruit, passion flower,

hops, chamomile, magnesium and B-complex. Valerian Root is a herbal supplement and comes from the Valerian flower plant.

There are certain foods like sugar & caffeine which typically make most people jittery and edgy. Eliminate or cut back on these.

**Drink Water** - Dizziness usually stems for one simple reason: You're dehydrated. drinking enough water daily will not only reduce dizziness, but it will also allow your body to eliminate toxins more easily.

There are a few other options that may also help you to alleviate panic attacks and to reclaim your natural calm and sense of well-being. You must understand that your subconscious thoughts are causing all panic attacks and you need to immediately stop yourself from having them.

- Support groups will be able to provide you with useful advice about how you can effectively manage your panic disorder, and they are also a good way of meeting other people who have similar experiences of the condition
- The best way is regular physical activity which helps a patient feel calm and relaxed. When we exercise, our bodies tend to return to their natural state.
- Controlled breathing techniques
- Relaxation techniques. I know first-hand the almost miraculous benefits of using relaxation techniques to reduce your anxiety.
- Hypnosis
- Listening to some good, relaxing and soothing music also produces fruitful results.
- Getting to know your habitual responses to the situations and re-evaluating them prepares you to respond to a situation in which you generally feel anxiety.
- Take plenty of ‘Vitamin L’ — love and laughter — by reaching out to others.
- Affirmations are widely used in self development literature and they could work well as a panic attack treatment.
- Many times people suffering from panic attacks find that meeting people with same experiences is the best treatment for panic attacks.
- Cognitive Behavioral Therapy is a very popular and widely used method for anxiety and panic attacks.
- Since panic attacks are a mental illness, they can be treated with the use of mental exercises, or in this case mental relaxation. There is also the possible use of aromatherapy as part of a relaxation technique.
- One of the common methods of relaxation is massage.

These above stated straight-forward approaches are virtually guaranteed to have a positive rather than detrimental impact on your general health and wellbeing and are the easiest way to deal with panic attacks. Review all the stress levels and factors in your daily life, make the necessary lifestyle changes and re-evaluate your priorities.