

FREEDOM FROM PANIC

**DISCOVER HOW YOU CAN FREE YOURSELF
FROM PANIC ATTACKS AND ANXIETY**



Introduction

For thousands of people around the world, the fear of dealing with panic attacks and anxiety on a daily basis is something that they need to live with. Panic attacks and regular bouts of anxiety is an easy way to put your body through huge levels of pressure and stress. Without having ever actually suffered from a panic attack or serious anxiety, though, it's hard to understand where someone is coming from; to most, they just sound quite melodramatic.

The problem is that when suffering from something as serious as a panic attack, it becomes very easy for someone to struggle to make sense to those trying to help. This means that people might think you are being reactionary or looking for attention – this isn't the case at all.

The fear of everything from illness to being left alone in the world, those weird tingling feelings and the numbness that can envelope you...these are just some of the traits that make dealing with anxiety-based conditions so difficult. If never treated or dealt with, panic attacks can effectively destroy your life.

Thankfully, the destruction of your happiness can be averted using some proven methods and tips to help combat and calm down these horrible feelings. If you are looking to make a change, then here are ten methods to help you getting beyond this problem and far closer to what you would have wanted to feel like in the first place.

Removing those fears and thoughts can be the first step towards a healthy and happy mindset for many years to come.

Admit There's An Issue

Like any problem, to get help you first need to accept that the problem actually exists. The biggest issue – for most – starts in the workplace and just develops arms and legs from there. The best way to alleviate this horrible issue is fairly simple, however. You simply need to be able to recognize the problem and its main source – for more people, it comes from their work. A constant fear of a lack of performance, losing their job etc. is all a common part of those who work too hard.

Are you working too much? If so you need to think about this more seriously. Is it worth having that extra cash if you hate every minute you spend awake? Is it worth doing this job if it makes you feel so terrible? If your anxiety and stress comes from your work related activities, then this can really help improve your mindset.

Use Herbal Remedies

Herbal remedies are a hugely popular way to start combatting the effects of anxiety. Using things like St. Johns Wort, Valerian Root and Chamomile can be the perfect way to start moving away from these problems and to give you a far more healthy, balanced state of mind. You'll reduce the symptoms in both their frequency and their strength, and help to get yourself into a more positive state of mind than before.

Whilst these are usually only truly useful for those dealing with mild bouts of anxiety, and not very useful for a full-blown panic attack, they can be a helpful source of positivity that you so desperately need.

If you are struggling to sleep, then chamomile can be a great natural way to help you get beyond this. If your fears are keeping you awake at night and making your life harder than it needs to be, then you should really consider picking up some chamomile; it's got a natural sedative and will help you get a quiet night's sleep instead of tossing, turning and constantly thinking that the worst is about to happen.

Make sure you visit a medical professional before taking anything like this; it may be natural but it could also be something that disagrees with medicine that you need to take etc. so make sure you get yourself checked out by a doctor.

CBT

Otherwise known as Cognitive Behavioral Techniques, this can be a hugely useful way to start moving away from anxiety and panic attacks for good. They'll be useful to help you get rid of mental blocks and inadequacies, and you can do these kinds of techniques at home with nothing but a bit of spare time to kill! CBT can be a good way of removing the permanent nature of negative thoughts in your mind and to help you push on in life, leaving behind those terrible moments of fear and negativity. CBT is varied, so it's hard to give you a simple and direct way to do it, but it's effective and it works.

Look into CBT classes that you are able to attend as they can be the catalyst to a healthier, happier you.

Lifestyle Changes

A simple way to combat anxiety and the frequency/strength of the symptoms is to start working towards a healthier frame of mind. Many feelings of depression, panic and anxiety form in the gut rather than the mind and if you suffer from things like IBS then you might be used to feelings of anxiety and fear. However, changing your diet up and giving your gut some more friendly ingredients to intake can be the perfect way to reverse this and make sure you start feeling better in no time at all. As solutions go, it's one of the simplest to follow and actually act upon.

A healthy diet that has minimal to no sugar, meats and dairies in it can be very useful for reducing these feelings. Top your body up with natural, good for you products like fruit and veg, and you'll start to see a difference in no time at all.

We truly are what we eat so it's vital that you give your body all of the encouragement that you possibly can to make sure it starts to react and respond in the right manner; what you eat counts for a large chunk of your mental health.

Finding Your Trigger

As mentioned above, your gut is one of the main causes of things like anxiety, fear and depression. You can easily correct this issue, however, by simply finding out what kinds of foods are causing these negative, noxious feelings. One thing that is a common issue for people like this is caffeine; it's reactive nature means that you can trigger a panic attack just with a quick cup of java in the morning!

However, others will say that glutamine is a big part of their trigger; everyone is different, so it's hard to give you a definitive list of things to start trying to cut out in the future.

It could be sensitivity, an allergy or just bad luck; whatever the reason is, you need to find it and combat it effectively. Finding your food triggers will be absolutely vital to making sure that you can move on, make yourself feel fresher and healthier, and to start changing what you are taking into your body. Create a simple little journal to follow your weekly and monthly food intake and correlate it with your mindset; this can help you track down the main culprit.

Avoid Social Media

Ahh, social media! Although it has many great features and can let you network and interact with others making new friends as you go, you'll find it can be quite a drain on the mind. It's easy to become addicted to it first and foremost, and will typically revolve around you seeing all the things in life you don't want to see. Horrible stories, angry people, petty arguments. It's a website that if you spend long enough on it can really make you hate yourself and the world around you.

We like Facebook, it's a very useful tool, just don't build your entire life around it. It's a dangerous path to go down and will typically lead to serious thoughts of inadequacy and unhappiness.

Exercise More Often

Exercising regularly can be a great way to get those thoughts of fear and anxiety away from you; they'll get your heart pumping and remind you that you are alive! This is a hugely positive feeling and will be an excellent way of boosting morale and confidence.

Accomplishing physical goals and challenges can really energize you and make it much easier to just crack on with life and really make a difference.

Even just walk around at a brisk pace until you can feel yourself having to catch your breath can be a good amount of exercise it'll help to keep you fit in the mind and in the body, which will be a huge ally in your fight against depression and fear.

Dietary Supplements

Lastly, with regards to intake, the way that your body handles certain vitamins is going to be telling. Researchers have found that bringing in more Magnesium into your system is going to be a vital part of fighting anxiety and fear. Not only will extra magnesium help you fight off these negative thoughts and feelings, but it can also help you "de-program" the fears and anxieties that you are regularly suffering from. Rather than letting yourself fall into this negative spiral, this trap, you can start to make a change by picking up some Magnesium supplements. It effectively balances you out and gives you an idea of what seem to be missing from your body to make it work.

Another key supplement that you could add in there is omega-3 fatty acids. These typically come from fish and other seafood but it can be an acquired taste. Don't miss out on those vital nutrients,

though, and give yourself extra armor against the war against anxiety. I'll help you reduce the severity of any panic attacks or feelings of anxiety by as much as a fifth, which can be incredibly useful in being able to maintain control and strength over your problems.

Relax!

The easiest way to start fighting back and chipping away at your feelings of stress and anxiety is simply to relax, though. If you are able to treat yourself to something like a massage or even joining a nearby yoga class, the difference that you will start to see in your overall mindset is going to be pretty staggering. The changes that this can make are quite huge and will typically help you if you are trying to feel better and more positive in the long run. They'll boost serotonin levels which will be a key cog in fighting back against stressful events and situations, preventing the onset of a panic attack or anything similar.

Breathe In, Breathe Out...

Simple breathing techniques can be all that you need to cut out anxiety and to start making yourself feel much better as time goes by. Breathing exercise classes, online videos and tutorials are rather abundant so you should find it nice and simple to get somebody to help you master the art of breathing properly and making sure that you start feeling more calm and composed as time goes on.

So there you have it, ten great ways to start reducing your anxiety and living a life free from panic.

You can easily start implementing all of these tips into your life right now. But if you're looking for a more comprehensive guide to reducing panic attacks and anxiety overall, then I highly recommend taking a look at this.

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