


Anxiety - Busting Secrets
Your Ultimate Resource!



Anxiety - Busting Secrets

Brought to you by Wings of Success

DISCLAIMER AND TERMS OF USE AGREEMENT:

(Please Read This Before Reading Further)

This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

Since natural and/or dietary supplements are not FDA approved, they must be accompanied by a two-part disclaimer on the product label: that the statement has not been evaluated by FDA and that the product is not intended to "diagnose, treat, cure or prevent any disease.

The author and publisher of this course and the accompanying materials have used their best efforts in preparing this course. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this course. The information contained in this course is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this course, you are taking full responsibility for your actions.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

As always, the advice of a competent legal, tax, accounting, medical or other professional should be sought. The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this course.

All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

This course is © Copyrighted by Wings Of Success. No part of this may be copied, or changed in any format, sold, or used in any way other than what is outlined within this course under any circumstances.

This Product Is Brought To You By



Panic Away



"Joe I will thank you all my life"



"Why is this not the most used technique?"



"Empowering!"



"I cant wait to tell my Doctor"



Immediate Anxiety Relief

A Natural Technique To Stop Panic Attacks and General Anxiety Fast!

Is Any Of This Experience Familiar To You?

- Maybe you found yourself in the hospital's *ER* because you thought you were having a heart attack only to be told later it was anxiety?
- Do you ever fear you might stop breathing because your chest feels tight and your breathing erratic?
- When you drive do you fear the idea of getting stuck in traffic, on a bridge or at red lights?
- Do you ever feel nervous and afraid you might lose control or go insane?
- Have you struggled with anxious thoughts that will not stop?
- Do you ever feel uncomfortable in enclosed spaces such as supermarkets, cinemas, public transport or even sitting at the hair dressers?
- Are you nervous and on edge in normal situations that never bothered you before?

Over **27,000** people have used *Joe Barry's* anxiety technique online with dramatic success!

The **technique is so simple and profound** that even the medical establishment is starting to take note.

DOWNLOAD NOW

Break This Cycle Of Fear With A Tool That Will Allow You To Never Fear Another Panic Attack That Has Been The Solution For The Thousands Of People I have Taught So Far

Panic Away



"Joe I will thank you all my life"



"Why is this not the most used technique?"



"Empowering!"



"I cant wait to tell my Doctor"



CONQUERING STRESS

Get Your Life Back!

Conquer Stress,
Depression & Anxiety,
Quickly Naturally
and Permanently



"Ex-Chronic Anxiety and Depression Sufferer Reveals How To Get Natural Anxiety, Depression And Stress Relief With A Revolutionary Easy-To-Follow Program That Will Kick Stress, Depression and Anxiety Out Of Your Life FOREVER..."

**No Drugs – No Potions – No Hypnotherapy – No Affirmations
Wholly Natural Method and 100% GUARANTEED**

DOWNLOAD NOW



Feel Calmer, Happier and Healthier With Increased Levels Of Energy and Greater Self Confidence. At Last, YOU CAN Beat Stress, Depression and Anxiety Without Drugs - Many Clients Report Noticeable Results In Just ONE WEEK...



CONQUERING STRESS

Get Your Life Back!

Conquer Stress,
Depression & Anxiety,
Quickly Naturally
and Permanently



Contents

Introduction	6
Defining Anxiety	7
Symptoms of Anxiety	7
Diagnosing Anxiety	9
Causes of Anxiety	11
Medical Conditions with Anxiety-Like Symptoms	13
Categories of Anxiety	15
Types of Anxiety	15
Panic Disorders	16
Generalized Anxiety Disorders	17
Depressive Disorders	18
Social Anxiety	20
Obsessive Compulsive Behaviors	21
Therapy	23
Do You Need Therapy?	23
Types of Therapy for Anxiety	24
Choosing Psychologists	25
How to Make Therapy Work for You	27
How Long Will You Need Therapy?	28
Medications	29
Do You Need Medications?	29
Kinds of Medications	30
SSRIs – Selective Serotonin Reuptake Inhibitors	31
MAOIs – Monomine Oxidase Inhibitors	32
Tricyclic Antidepressants – TCAs	33
Antidepressants	34
Benzodiazepines	35
Beta Blockers	37
Antihistamines	38
Other Medications	38
The Problems of Addiction	39
When to Change Medication	40
How Long Will You Need Medication?	41
Alternative Therapies	43
Herbal Medications	43
Chinese Traditional Medicine	44
Tai Chi and Other Alternative Practices	45
Lifestyle Changes	48
Nutrition and Anxiety	48
Behavior Modification	52
Exercise and Mood	55
Learning to Say No	59
Conclusion	63
Bonus Articles	64

Introduction

According to the Anxiety Disorders Association of America, over 40 million people are suffering from anxiety right now. And you may be one of the many.

Some of these people are professionally diagnosed by medical experts, while others simply know that they shouldn't be worrying as much as they do or feeling as stressed as they are.

Everyone worries; it's in our nature, after all. Worry and anxiety are natural responses to frightening things in our lives. They're meant to warn us of danger and to respond to that danger as needed.

But when anxiety is interrupting your life and causing you to miss out on pleasurable activities, it's time to do more than simply wring your hands and hope the feelings pass.

For many people, they need more than to simply 'get over it.' They need guidance in relation to their thoughts and their behaviors, even medications and therapy at times.

Just because you need help for your anxiety doesn't mean that you're a weak person or someone that can not be cured.

Anxiety is a very treatable condition, though the treatments vary per case and per person.

You can learn to have a normal and minimally stressful life. And while you may never be completely stress-free, you will know how to handle stress when it does come your way.

Disclaimer: Any information in this book is not meant to substitute a doctor's medical advice or provide a diagnosis for anxiety. This is meant to be a source of information for you to consider. In order to receive a proper diagnosis, you should speak with your doctor.

In addition, if you are having feelings like you are going crazy or that you might want to take your own life, head straight to an emergency room.

Defining Anxiety

When does everyday stress become anxiety? This is something many of us might wonder. Since we all have more responsibilities than we can handle at times, what separates our natural worries from anxiety?

To determine whether you might be suffering from anxiety as opposed to situational stress, here are clearer definitions of anxiety.

Symptoms of Anxiety

Just as the kinds of stress we experience differ from person to person, so do the symptoms that are associated with anxiety.

For example, you might suffer from physical symptoms like:

- Insomnia
- Trembling
- Sweating
- Heart racing
- Heart pounding
- Chest pains
- Nausea
- Diarrhea
- Pale skin
- Chills
- Hot flashes
- Shallow breathing
- Dizziness

Or you might experience mental and emotional symptoms like:

- Fear
- Nervousness
- Sadness
- Tendency toward distraction
- Problems with focus
- Inability to finish tasks
- Forgetfulness
- Problems sitting still

How you experience anxiety can vary as well on how anxious you are or what causes the initial feelings of anxiety.

For example, you might be anxious on your wedding day far more than you were in the planning stages of your wedding. Or you might be slightly nervous when you are studying, but very nervous when you are actually taking the test.

Anxiety responses are caused by physical and chemical reactions that are occurring in the body.

When you are threatened, your body produces a chemical called adrenaline. This chemical helps increase the functioning capacity of your body so that you can run away from the danger that you are facing.

And while this works just fine for animals, humans are a different case. You aren't necessarily in physical harm when this adrenaline is being pushed through your body, so it creates physical symptoms that can be uncomfortable.

As the adrenaline dissipates, your body goes back to a normal and calm state.

Anxiety Busting Secrets - Your Ultimate Resource!

But when you have continued anxiety, your body is always producing more and more adrenaline, causing you to have long term affects from the anxiety response:

- High blood pressure
- Heart troubles
- Weight gain
- Acid reflux
- Ulcers
- Long term illnesses like cancer have been linked to high levels of stress

Even everyday aches and pains can be accentuated by the presence of anxiety. This makes sense because if your body is in overdrive more often than not, it's going to 'wear out' more quickly, causing you to have long term affects.

Since anxiety does have so many symptoms, it can be difficult to determine whether a patient is suffering from anxiety or from some other condition. This is why it's so important to visit a medical professional for a diagnosis.

Diagnosing Anxiety

When you first think of anxiety, you probably think of a mental disorder, and that's partly true. But since the symptoms of anxiety are similar to other medical disorders, it's best to head to your general practitioner to rule out the physical possibilities for your anxiety.

You can schedule a regular check up and then let the doctor know that you have been experiencing more anxiety than usual lately.

Be prepared to answer questions like:

Anxiety Busting Secrets - Your Ultimate Resource!

- How long have you been feeling anxious?
- What kinds of symptoms do you have?
- Is anxiety interfering with your life?
- Does anyone else in your family have anxiety issues?
- What is happening in your life right now?
- How have you tried to manage your stress in the past?
- What has worked for your anxiety?

If you want to be extra diligent, you may want to begin keeping a diary of the anxiety symptoms that you experience. Since you're the one that is feeling these symptoms on a daily or near daily basis, your observations are going to come in handy for your doctor who is only seeing you once in the office.

After you are asked these questions, you may be given a physical examination of your neck and throat, your blood pressure, and your weight. There are other tests that your doctor may decide to explore, depending on your responses to the questions they ask:

- Blood tests
- TSH, T4 – thyroid tests
- EKG
- Stress test
- X-rays
- CT scans
- MRI of the brain

Each of these tests will help the doctor uncover other potential cause of your anxiety. And while not every doctor will go through all of these tests, they are indicated for particular patients.

For example, if you have a family history of heart disease, you might be told to get an EKG and a stress test, but someone without that history may not need the tests.

If your primary care doctor believes you have anxiety, they may work with you to come up with a treatment plan, possibly medication and other lifestyle changes.

You might also choose to see a mental health professional for help with your symptoms.

Causes of Anxiety

Of course, if you knew the cause of your anxiety, it would be much easier to treat it, right?

Too often, there are multiple causes and risk factors for anxiety in your life. However, mental health professionals have narrowed the field to a few larger potential causes for the feelings you may be having:

- **Your brain chemistry**

Very often, the way your brain does (or does not) produce chemicals can cause you to feel more anxiety than someone else might. There are several schools of thought on this. Some believe that it's a problem of serotonin levels not being maintained, thus causing more depressive and fear-based reactions to stress. Others believe that it's merely an adrenaline imbalance causing the troubles with anxiety. Either way, there are ways to test and see if your brain chemistry is 'off.'

- **Genetics**

If someone else in your family has a history of anxiety, you are certainly at a greater risk of developing anxiety too. While there isn't a specific anxiety gene, the heredity link seems to be fairly consistent in case studies. Of course, the case could be made that those living in the same families may also simply have learned the same behaviors and reactions to stress.

- **Environment**

Where you grow up and how you are taught to handle stress often plays a big role in whether you too will have troubles managing your own anxiety. If you are taught that certain things are frightening, you may believe that they are, even if they are not. Likewise, if you live in an area that isn't safe, you might have higher levels of anxiety.

- **Past negative experiences**

Sexual traumas, military service, rapes, incest and other painful experiences can also lead to problems with anxiety later in life. Even if you feel that you have dealt with these issues or that you can 'get over it,' you may still have troubles feeling comfortable in similar situations.

- **Illness**

Whether you are sick or a loved one is sick, anxiety levels can rise exponentially during this sort of crisis time.

- **Deaths**

The death of a loved one is another common cause of anxiety.

Of course, this list could be pages long in terms of what causes us to be stressed out.

Common everyday causes of anxiety include:

- Family
- Relationships
- Work
- Children
- Money
- Etc.

Narrowing down the cause for you might take time, but when you are able to determine the trigger for your anxiety response, you will be better able to respond to it in a positive manner.

Plus, you will be able to avoid the situations where you feel the most anxiety or you can learn to react in a different manner to them.

Medical Conditions with Anxiety-Like Symptoms

When your body is in a heightened state of reaction, you might want to remember that stress isn't the only thing that can cause this to happen.

Your body is telling you that something isn't right and that you need to do something about it. This is a natural reaction of your body and it's why many medical conditions can have symptoms similar to anxiety.

Your body is working extra hard to stay in balance, but instead of ignoring the symptoms, you may want to get medical attention.

Some potential medical conditions include:

- **Heart attacks**

If you begin to feel very anxious with sweating and chest pains, you need to go to an emergency room immediately. Sometimes, you will simply feel a sense of doom wash over you when your body is having troubles – don't ignore this feeling.

- **Pulmonary embolism**

When your lungs are having troubles getting oxygen because of a clot, you might feel as though you are filled with dread. Couple that with chest pains and troubles breathing or back pain and you might have more than just a stress response.

- **Low blood sugar**

Your body requires sugar in order to make energy for the cells of every organ and nerve. When you don't have enough sugar in your body, you can become lightheaded and begin to sweating and have heart palpitations. Your body is trying to tell you to eat something.

- **Hypothyroidism**

When your body isn't producing enough thyroid hormones, you can have troubles with anxiety symptoms. You might feel sluggish and stressed, causing you to blame it on

your job or your life, rather than your thyroid. This is especially common in older patients. But it can be treated with synthetic hormone supplements.

- **Infections**

You might also be suffering from an infection when you are experiencing anxiety symptoms. These are generally easy to treat, but if your anxiety is accompanied by other symptoms, be certain to tell your doctor.

- **Menopause**

Some women report severe anxiety when they are entering menopause. While this is completely normal, it can be upsetting if you're not used to feeling this way.

- **Hypertension**

Having too high a blood pressure can also make some people feel lightheaded and disoriented. But low blood pressure can do this too. It's always a good idea to have your blood pressure checked yearly.

When in doubt, persistent anxiety is something that should be checked out by a medical professional.

Most of the time, it's nothing serious, but on the off chance that it might be more than just a stressful moment, you want to double check – one less thing to worry about.

Categories of Anxiety

While anxiety seems to be one thing, it's actually quite simple to break up anxiety into a number of other categories.

When you can be specific about the kind of anxiety you have, you will begin to better understand your path to health and to serenity again.

Types of Anxiety

If you were to open up the DSM-IV, you would find a very large section on anxiety and anxiety related conditions. And while this might be helpful to a medical professional, you don't need to take your self-diagnosis that far.

What you do need to do is have some idea of what your anxiety might be categorized as.

This will help you have a starting point for your doctor and it will help you feel better about having some sort of category into which you fit.

There are several different categories that are common:

- Panic disorders
- Generalized anxiety disorder
- Depressive disorders
- Social anxiety
- Obsessive compulsive disorders

Even if you don't fit perfectly into one of these categories, you will begin to figure out what might be going on in your head – and how to start getting help.

Panic Disorders

Over two million people are thought to have panic and panic related anxiety disorders.

Just as the name implies, this is a disorder in which the person feels panicked about their life. These situations can come on suddenly or they can happen during most times of the day.

A panic disorder is characterized by:

- Panic attacks
- Pervasive feelings of panic and dread
- Fear of future panic attacks
- Avoidance of situations in which the panic occurred

The episodes of panic can happen without any warning, causing a bit of a cycle for the patient. Since the panic attacks can be frightening, they become anxious that they will have another – often causing them to have a higher incidence of a repeat attack.

This is the kind of anxiety that overtakes a person, causing them to sweat, have chest pains, and feel like they are disconnected from their body. They might feel dizzy and their heart may begin to race. Often, these attacks are mistaken for heart attacks due to their severity.

What is happening is that the body is overproducing adrenaline, causing the body to become 'hyped up.' You might become afraid that you will lose control or that something bad will happen, even if you are in a safe place with no obvious danger.

There may be a trigger for the attack and there may not be a trigger, depending on the person.

The good news is that adrenaline moves through the body fairly quickly, allowing the panic attack to subside after a few minutes. But while the attacks may be short, they can continue to repeat themselves over a course of many hours.

Some patients find that they can not function normally because of these attacks. Because they are so worried about being in a social situation where they might experience a panic attack, they can begin to cut themselves off from the world, leading to more worry and more panic.

There are many treatments for panic attacks: medications, therapy, and natural therapies.

While you might never completely get rid of panic, you can learn techniques that will help you manage the panic attacks and make them less frightening.

Generalized Anxiety Disorders

Worry and stress are in place for a reason – to let us know that we need to be careful or that we might be putting ourselves in danger. But when you feel anxious on more days than you feel calm, you might be suffering from generalized anxiety disorder.

The main symptoms of generalized anxiety disorder include:

- Feeling overly energetic
- Problems with concentrating
- Tension in the muscles
- Insomnia
- Impatience with others
- Headache
- Tightness in the throat
- Stomachaches
- Diarrhea

Unlike the panic attack, you don't have sharp times of anxiety, but rather you feel anxious all of the time.

Anxiety Busting Secrets - Your Ultimate Resource!

Even if you finish up all of your work and you have every chore done, you might still feel restless and like you can not relax. Your anxiety might be very high on days when you have things to be worried about, but it doesn't go away on other days.

The main concern with generalized anxiety disorder is that it can lead to other problems – substance abuse, problems holding a job, teeth grinding, etc. Because you're feeling anxious most of the time, you might try to find ways to help relieve your stress.

And not always in a healthy way.

Generalized anxiety disorder can be treated with a combination of tools: therapy, medications, and lifestyle changes are the best combination, with most patients requiring a little medical intervention to help through the rougher parts of the anxiety.

Depressive Disorders

When most people think of anxiety, the last thing they think of is depression – or is it?

If you've ever been under a lot of pressure at work, you may have found yourself beginning to go into a more negative mindset:

- I'll never get this done.
- I can't do anything right.
- I'm probably going to get fired.
- I'm a worthless employee.

When you begin to attack yourself for things that are happening around you, causing you to feel sad and less of a person, it may be the first sign of a depressive disorder.

There are many more subcategories of depressive disorders that you may hear in the treatment process:

- **Bipolar disorder**

This is a chemical imbalance in the brain that causes the patient to move back and forth between being very depressed to being very happy or manic. However, the swinging back and forth can cause the patient to have troubles functioning in everyday life. The very manic phases can cause problems with making rational decisions while the low points can cause suicidal tendencies.

- **Major depression**

This is the most severe of the depressive disorders. It is generally a focused period of depression in which the person has intense feelings of sadness and hopelessness, often leading to suicide attempts.

- **Dysthymia**

A lesser form of depression, dysthymia is a general state of being depressed and not being able to function as a 'normal' person would. It can last for a long period of time.

Various symptoms of depressive disorders include:

- Sadness
- Anxiety
- Feelings of hopelessness
- Negative thinking
- Guilt
- Feeling worthless and helpless
- Loss of interest in favorite activities
- Insomnia or problems with sleeping too much
- Appetite changes
- Problems with making decisions
- Irritability
- Fatigue
- Thoughts of death
- Difficulties with concentration

- Physical symptoms that do not get better with medical intervention

Just as with the other anxiety disorders, these symptoms will vary from person to person.

Depressive disorders can be caused by a specific event trigger or they can be lifelong concerns. Treatment is possible, but often medications need to be adjusted frequently in order to get the right levels of chemicals in the brain.

In major depressive episodes, the patient may need to be hospitalized.

Social Anxiety

Something that's getting more attention in the press lately is society anxiety.

If you find that you have troubles in social settings, giving a speech, or just talking with other people, you might be suffering from social anxiety.

This is a very common form of anxiety and since it is based upon your environment, it is often simple to treat and to manage. Though a combination of medication and behavioral therapy, you can go into social situations feeling calm and comfortable.

There are a number of symptoms you may experience in relation to social anxiety:

- Trembling
- Fidgeting
- Sweating
- Dizziness
- Heart pounding
- Panic attacks
- Nervousness
- Problems concentrating
- Stammering

When these symptoms begin to interfere with your ability to form relationships with others, you might want to consider talking to your doctor about treatments.

Though you might suffer from some nervousness about giving a speech (who doesn't?), it's when you refuse to give that speech that you need to get treatment.

The good news is that social anxiety treatment plans are usually brief and have long term success for most patients.

Obsessive Compulsive Behaviors

When you think of OCD or obsessive compulsive disorder, you probably don't immediately think of anxiety.

Your first image is probably a person who washes their hands over and over and over.

But they're performing these repetitive behaviors because they feel anxious about going through their life without these behaviors.

A person with OCD will have troubles with obsessions and compulsions.

Obsessions are:

- Persistent and recurrent thoughts that take over the mind of the patient
- Recurrent impulses that cause anxiety and stress
- The thoughts the person has are not just higher levels of stress

The patient will try to control their own thoughts, only to realize that there are certain parts of their obsessions that they can not control, causing a cycle of anxiety and worry that the person can not stop – even if they want to stop it.

Compulsions are:

- Repetitive actions that the patient does in order to feel more in control of their life and their anxiety
- The actions aren't generally actually helping to relieve the anxiety in a positive or practical way

Those with obsessive compulsion disorder live in a generalized state of panic about things that could happen to them. So they build a system of behaviors that help to distract them from these worries.

However, in the repetition of their reactions, the patient begins to feel like they need to continue doing certain things in order to prevent bad things from happening.

This is a fairly rare disorder and it can be passed down through a family. If you have someone in your family with the OCD behaviors, you might want to talk to your doctor about when you need to consider treatments.

Many of us will have smaller things we do that help us feel in control – like checking the stove or the coffee pot before we leave. So long as these behaviors aren't taking up a large portion of our lives or getting in the way of our job or our relationships, they're not considered unhealthy.

Therapy

At some point in thinking about your own anxiety or in talking to your primary care doctor, the idea of therapy may have come up. Some people will immediately dismiss therapy as being useless, but when you think about it, anxiety is often a set of behaviors that are interfering with our lives. In order to learn how to control these behaviors and reactions, we need someone to teach us the proper ways to react – that's all a therapist will do.

Do You Need Therapy?

The first question you want to ask yourself is, "How bad is it?" While this sounds a bit rhetorical, if you feel like you simply can not live another day feeling the anxiety that you feel, it may be time for you to consider therapy options.

Here are some signs that you need outside help:

- You aren't feeling any better
- You are having troubles keeping up with responsibilities
- You are avoiding activities
- You are feeling hopeless

For most people, going to even a few therapy appointments can help them at least get an idea of what's going on in their head. This can help them feel less out of control and begin the healing process for them personally.

On the other hand, therapy isn't something that will work for everyone.

Just like the idea of going to school, you need to work hard in order to get results. Therapy is not just a situation in which you will absorb the knowledge of the therapist.

Anxiety Busting Secrets - Your Ultimate Resource!

You will need to take time to look at the way you think and the way you respond to stress in your life. If this is something you are not ready to do, therapy may not be the best option right now.

You may also find that therapy is something that you only need at certain points of your life instead of all the time. For example, when you are going through a difficult time at work or in your relationship, you might want to attend regular sessions.

If you are ready to start making lifelong changes, a therapist can help you begin the journey in the right direction.

Types of Therapy for Anxiety

Depending on the type of anxiety you have, there are different types of therapy that will work better for you.

Here are some of the most common anxiety therapy practices:

- **Cognitive**

In this type of therapy, you will work on learning about your thinking patterns and how they are affecting your behaviors. By taking a close look at the way that you think, you can learn to change your destructive thinking patterns and begin to take control of your life.

- **Behavioral**

A therapist will teach the patient how to regain control over behaviors that they do not want in their lives. For example, if you have feelings of worry, you will learn how to respond to these in a positive manner that does not induce anxiety.

- **CBT or Cognitive Behavioral Therapy**

A combination of cognitive and behavioral therapy, this is one of the most popular anxiety treatments. In this therapy, you will do homework and really work deeply in relation to the way you think and how this is affecting your life.

- **Immersion**

By placing you into the situation that makes you anxious, you will learn how to respond in a more peaceful way. With the guidance of the therapist, you will safely experience the frightful situation and begin to look at it from a positive angle.

- **Stress Reduction/Relaxation**

Often, an anxious person just needs to learn how to keep themselves calm. By learning stress reduction or relaxation techniques on your own or with a therapist, you can begin to take control of your worry.

You may find that one or a combination of therapies will work best for you.

Traditional psychotherapy is also recommended for anxiety when you want to get to the root of the 'why' of the feelings, but in the case of these behavioral therapies, these kinds are more concerned with real life lessons that can help you live a fuller and easier life.

Sometimes, learning to change your behavior is the best first step. It can build confidence and help you stay on track.

Choosing Psychologists

Like any other medical professional, you need to spend some time looking at the various psychologists that are available to you.

First of all, there are several categories of therapists available:

- **Therapists**

These professionals have graduate training and a license to practice therapy. Their specialties can vary as can their techniques.

- **Psychologists**

These therapists can have multiple techniques at their disposal as well as different ideas about where anxiety comes from.

- **Psychiatrists**

These are medical doctors who are allowed to prescribe medications. If you feel that medication may be necessary for you, you might want to consider this kind of therapist, though you can also get psychiatric medications from your primary care doctor.

In order to choose the right therapist for you, there are several questions you should ask yourself:

- What are my goals?
- What are my main concerns?
- How much time can I commit?

You need to be clear about what you will want from your therapist experience in order to find the right therapist for your particular case.

If you can, try to get referrals to therapists from your doctor or from friends and family. This will give you a better sense of the types of therapists they are and how they might be able to help you.

When you don't have this option, you might want to call your health insurance company to get a list of the local in plan therapists in your area.

Call around to ask if the therapist specializes in dealing with anxiety disorders. If they do, you will want to ask what kinds of therapies they utilize.

Some therapists will utilize a number of different techniques: art therapy, play therapy, music, etc.

You might need to switch therapists a few times in the beginning, but this is okay. Your current therapist may be able to refer you to someone who would be a better fit.

How to Make Therapy Work for You

Something that you need to understand about therapy is that you are the main participant in this process.

You are the one that will need to make changes and be active in the tasks you are asked to do in order to get the most of the process. If you do not follow the guidance of your therapist, the process to an anxiety free life might be longer than you'd like.

Here are a few tips to help you make the most of therapy:

- Go as many times a week as recommended
- Do your homework as instructed
- Have ideas in mind for each appointment
- Keep a journal of your visits to track your progress
- Talk
- Ask questions of your therapist
- Follow your medication schedule
- Change therapists if you feel that you can't be honest

Being honest is the biggest part of your work in therapy. If you can't be honest with your therapist; they may not be able to diagnose you correctly, which can lead to troubles and a less than effective treatment schedule.

In therapy, you will need to be up front about any troubles you are having or any mistakes you have made along the way. From those mistakes, you can learn more and grow healthier.

When you are willing to participate in the therapy process, you will begin to see changes happen in your life much more quickly than you thought possible.

But therapy is work.

And you need to be willing to do the work that is asked of you when it is asked of you.

How Long Will You Need Therapy?

The easy answer to this question is that you will need to be in therapy until you feel like you can function well enough on your own.

So, as soon as you feel like you don't need it anymore, you should be done.

But this isn't always a clear cut decision to make. Often, the therapist will come up with a tentative plan for the overall length of the therapy. For example, some forms of Cognitive Behavioral Therapy run for sixteen sessions.

At the end of this time, the improvement of the patient is evaluated and then new timelines are made or the patient is able to leave the therapy setting.

What you will want to do is come up with a list of goals between you and your therapist that you are working toward. When you have begun to check these items off and you feel confident that you can handle stressful situations, you might want to bring up the idea of discontinuing active treatment.

At that point, you will probably work on ways to handle certain situations as you reenter your normal life.

For most patients, therapy will begin to show benefits between eight and ten weeks, but for others it can be shorter or longer.

For anxiety, it's thought that treatment should be about three months to six months, depending on the severity and the goals. You, however, may need a longer time before you feel confident.

Medications

The big debate in anxiety treatment is whether the use of medications is a good idea. On one hand, they can help patients relax and help them feel better about their worries, but on the other hand, some believe that medications are only a bandage for the real troubles – this side believes medications don't solve anything.

No matter what you might believe, there's little doubt that medications are a large part of the treatment of anxiety.

Do You Need Medications?

It's trickier to say one way or the other if you need medications to help with your anxiety.

For many primary care doctors, they will look at the symptoms you are having and see what self care measures you are taking on your own. If you have tried cutting down your workload and meditating more often without any relief, they might recommend you try medication.

Some patients actually need to be medicated because their lives have become unmanageable because of their anxiety.

In the case of OCD, for example, the repetitive behaviors they do can take up hours of each day, while medications can help to reduce the obsessive need to be compulsive.

Again, the question becomes: how bad is it? How bad is your anxiety?

If you feel that you can not overcome the anxiety on your own and you're not ready for therapy, medication can be a great way to start the healing process. By allowing your mind and your body to relax, you can begin to see that there is hope and that you can feel better.

You will want to keep in mind the following things when choosing to take medications:

- **You will need to take the medications daily on a strict schedule**

If you're not good at remembering to take pills, you might want to talk to your doctor about alternatives.

- **These medications can interact with other medications**

When you are taking other medications on a daily basis, even over the counter medications and herbal supplements, be sure to let your doctor and your pharmacist know.

- **You might have a period in which you feel worse**

There can be a beginning phase in which your anxiety can get worse. This is temporary, but it's something to keep in mind.

- **These medications take time to work**

When you are taking an everyday medication, you might need to wait for several weeks before you begin to see results.

- **You might need to switch medications to find the right one**

There are many medications available, but everyone's body is different. You might need to keep trying different ones until you find the right fit for you.

- **You might experience unpleasant side effects**

Just as with any medication, you might have side effects when you first begin.

Medications are serious business, so you need to make sure you can make the commitment to taking them on a regular basis, as recommended by your doctor.

Kinds of Medications

With all of the different kinds of anxiety that are listed by mental health professionals, it's no wonder that there are just as many medications available to help in the treatment.

Most of the medications have multiple purposes for them beyond anxiety, so you may be able to help multiple concerns at once.

SSRIs – Selective Serotonin Reuptake Inhibitors

Since it's thought that the concentration of serotonin in the bloodstream affects the amount of anxiety that you might feel, these medications work to help manage your serotonin levels and keep them in the 'calm' levels.

What happens is that these medications keep the serotonin from being taken back into the body, helping keep more of it in the bloodstream, which is thought to elevate mood and keep you from feeling panicked.

Brand Names: Paxil, Celexa, Lexapro, Luvox, Prozac, Zoloft

Generic Names: Paroxetine, Citalopram, Escitalopram, Fluvoxamine, Fluoxetine, Sertaline

For These Anxiety Issues:

- Panic Disorder
- Generalized Anxiety Disorder
- Social Anxiety Disorder
- OCD

Potential Side Effects: Loss of Appetite, Weight Loss/Gain, Headaches, Nausea

These medications need to be taken on a daily basis in order to maintain their efficacy. You will need to take these pills at the same time each day, generally in the morning.

The biggest concern for many patients is that SSRIs are linked with weight gain more than weight loss. While this is minimal in most patients, it can be quite a lot in others.

If you are concerned about potential weight gain, you might want to talk with your doctor about other medications that might have a lower possibility of this happening.

You can also begin to watch your diet and exercise levels before starting these medications to see if weight gain is associated with your medication or with the way you are eating or exercising.

MAOIs – Monomine Oxidase Inhibitors

Much like the SSRIs, the MAOIs help to regulate the production of serotonin in the brain, but they also help to monitor the levels of norepinephrine. This helps to provide steadier moods and more balanced emotions.

Some people will also use MAOIs for depression as it helps to keep moods from getting too low.

Brand Names: Parnate, Nardil, Marplan

Generic Names: Tranylcypromine, Phenelzine, Isocarboxid

For These Anxiety Issues:

- Panic Disorder
- Social Anxiety Disorder

Potential Side Effects: dry mouth, dizziness, lightheadedness, lower blood pressure, constipation, sexual troubles

MAOIs are a very powerful class of medications and thus they are not recommended as often as other prescriptions.

Anxiety Busting Secrets - Your Ultimate Resource!

The main concern with these medications is that they have many interaction troubles that can cause harmful side effects. Some foods contain chemicals that can cause problems with the function of the medication, leading to physical ailments.

When an MAOI is taken with an SSRI, it can cause serotonin syndrome, which can be deadly if the levels of serotonin are too high and are not brought down by medical intervention.

The other concern with MAOIs is that they can rarely be combined with any kind of medication, which is very limiting to some patients.

Tricyclic Antidepressants – TCAs

As the name suggests, tricyclic antidepressants have a chemical structure that causes them to work on a cycle.

These medications are some of the oldest on the market, first introduced in the 1980s to help with anxiety and other mental conditions. Their long term safety is fairly established, but they still present problems for some patients and their goals in therapy.

These medications work by helping to balance the concentration of serotonin and norepinephrine in the body, just like MAOIs do. But these prescriptions will also work to help with dopamine, which can actually cause more side effects.

Because of all the interactions and blocking of cell receptors, some patients can have severe side effects that will hinder their ability to continue taking the medication at all.

Brand Names: Adapin, Elavil, Norpramin, Sinequan, Surmontil, Tofranil

Generic Names: Doxepin, Amitriptyline, Desipramine, Doxepin, Trimipramine, Imipramine

For These Anxiety Issues:

- Panic Disorder

Anxiety Busting Secrets - Your Ultimate Resource!

- Generalized Anxiety Disorder
- OCD

Potential Side Effects: dry mouth, blurry vision, constipation, drowsiness, sexual function upset, low blood pressure, weight gain, nausea, weakness, headache

One of the many concerns with this medication is its ability to affect blood sugar. This can be problematic in those patients who also suffer from diabetes. If you have diabetes, you will need to monitor your blood sugar carefully, as TCAs can lower it significantly.

Another concern with TCAs is the increased suicidal thoughts among some users. This is often something that happens only in the beginning weeks of treatment, but it can continue for some people who are taking the medication.

Antidepressants

As one of the most commonly known groups of mental health medications, antidepressants are often thought to be the cure all medications for those who are having troubles with their thinking or behavior.

But this is certainly not the case.

As with all of these medications, changing the brain chemistry is a tricky process and one that can cause a number of uncomfortable side effects for some patients.

Antidepressants are generally geared toward depression and patients who have feelings of sadness and despair on more days than not. But for those who suffer from anxiety, they can help to level off moods and make times of stress seem more manageable – especially when they are feeling anxiety in relation to the sadness.

Anxiety Busting Secrets - Your Ultimate Resource!

Many of these medications can also be called SNRIs (Effexor and Cymbalta) or Serotonin Noepinephrine Reuptake Inhibitors as well as NASSAs (Remeron) Noradrenergic and Specific Serotonergic Antidepressants.

There are many more possibilities in this category that you can discuss with your doctor and therapist.

Brand Names: Effexor, Cymbalta, Remeron

Generic Names: Venlafaxine, Duloxetine, Mirtazapine

For These Anxiety Issues:

- Panic Disorders
- Generalized Anxiety Disorder
- OCD
- Social Anxiety Disorder

Potential Side Effects: dry mouth, constipation, sleepiness, weight gain, nausea, stomach pain, sexual troubles, anxiety, diarrhea

Because these are newer medications, they often will have fewer side effects as other medications because they are more targeted to the probably receptors that are involved in producing the anxiety.

Benzodiazepines

When you are going to be entering a stressful situation, and you know that you are, it might be helpful to have something to take to help you remain calm.

That's what benzodiazepines are for.

Anxiety Busting Secrets - Your Ultimate Resource!

In fact, most people have heard about and have probably taken one of these medications at some point in their life. By helping to sedate the patient, they can help you manage a particularly stressful situation – airplane rides, dentist visits, etc.

But these medications are short acting and they are also highly addictive. You will begin to feel a sense of calm within thirty to sixty minutes, however, these effects will not last a full day.

Considered to be mild tranquilizers, they are often given to patients before surgery as well as given to those who are in a lot of muscular pain.

The more of these drugs you take, the more you may need to take in the future as your body can build up a tolerance to these medications.

Brand Names: Valium, Xanax, Ativan, Klonopin, Librium

Generic Names: Diazepam, Alprazolam, Lorazepam, Clonazepam, Chlordiazepoxide

For These Anxiety Issues:

- Panic Disorders
- Generalized Anxiety Disorder
- Social Anxiety Disorder

Potential Side Effects: drowsiness, memory loss, dizziness, disorientation

It should be noted that these medications are not used for long term therapy as they become less and less effective. But for those who need medication for only certain situations, these are certainly effective.

Beta Blockers

While most people don't think of heart medication for anxiety, it's surprising how many people do use beta blockers for their anxiety disorders.

By helping to suppress the physical symptoms of anxiety – like a rapid heart rate or pounding heart - the patient feels better and can function normally without any ill effects or any disruption of their everyday activities.

Some people will actually take beta blockers before stressful situations like speeches to help them maintain their composure.

Brand Names: Inderal, Tenormin

Generic Names: Propranolol, Atenolol

For These Anxiety Issues:

- Social Anxiety Disorder
- Panic Disorders (to a certain extent)

Potential Side Effects: stomach pain, dizziness, fatigue, insomnia, heart rate changes

Whenever you are taking a medication that is meant for the heart, you should expect to see significant change in your heart rate and your blood pressure.

This is why it's important to follow up with your physician on a regular basis to be certain that these changes are normal.

Antihistamines

Most people wouldn't think of antihistamines as something that might help anxiety, but these medications help to block histamine receptors in the brain, allowing some patients to feel relief from their anxiety.

Of course, not all antihistamines are created alike, so it's not a good idea to simply start taking cold medications that you might find in your local pharmacy or grocery store.

Brand Names: Atarax/Vistaril

Generic Names: Hydroxyzine

For These Anxiety Issues:

- Generalized Anxiety Disorder

Potential Side Effects: dry mouth, dizziness, constipation, headache, stomach pain

If you are looking to quell some moderate anxiety, you may want to ask your doctor if an antihistamine might be a good place for you to begin.

Other Medications

Each year, more medications become available for anxiety and anxiety related disorders.

This is good news for those already taking medications as they will always have new medications to try should their current medication stop working as well.

On the other hand, for those new to their anxiety diagnosis, this is also good news because it means you are more likely to find something that will work for you the first time, rather than having to go through many more medications before finding the right fit.

Other potential categories of anxiety medications include:

- Anticonvulsants
- Atypical anti-psychotics

What you need to realize is that many medications will lose their effectiveness after a certain time period. You may choose to increase the dosage to see if that helps, or you may simply want to try another medication to see if that will work better.

Don't become discouraged if you need to switch medications a few times. This is completely normal and is to be expected in most cases.

The Problems of Addiction

Just as with any medication that changes your brain chemistry, there can be troubles with addiction in certain cases.

When you receive your initial prescription, you should find out whether there is a likelihood of addiction and take steps to make sure you are using the medication appropriately.

You can begin this process by only taking the medication as you are prescribed. If the instructions say that you should only take it once a day, then you should only take the medication once a day.

If you notice that you need more of the short acting medications (like benzodiazepines) than you usually do, you might want to call your doctor's office to see if you can get in for an appointment. These are very easy to get addicted to, so you will want to get something else that is less addictive or consider a completely different medication.

Here are some signs that you may be addicted:

- You need more than the recommended dose
- You are counting down the hours until your next dose
- You need more refills than you have been given
- You feel physically sick when you aren't taking the medication
- You think you might have a problem

There are many different medications, so you might simply need to change to something else. Your doctor will be able to help you detox from your current medication in order to reduce the side effects.

When to Change Medication

There may come a point in your treatment when you might need to change your medications. This is a fairly common occurrence, so don't feel like it's your fault that the medication isn't working anymore.

Here are some signs that your medication may need a change:

- You are suffering from side effects that are interfering with your life
- Your anxiety is still high
- Your anxiety levels have returned to previous levels
- You are at the highest dose without any affect

It is common for anxiety patients to switch medications a few times throughout the course of their treatment.

Anxiety Busting Secrets - Your Ultimate Resource!

Your body can become 'used' to the medications, making it difficult for you to attain the same feelings that you had when you first started taking the medication.

What you will want to keep in mind is that you will need to wait a certain amount of time before you will see any effects from the medication at all. Usually about two to eight weeks is standard for seeing an improvement with medication.

Your body needs to build up a 'store' of the medication in your bloodstream before you can get the full benefit. So, don't give up right away on your medication if it doesn't seem to be working.

You might also need to change medication when you are pregnant or want to become pregnant.

Some medications can be transferred to the fetus, which is not a good thing. Check with your doctor and with your pharmacist to make sure that you aren't taking anything that might be harmful to your baby.

In the case of getting pregnant, you might want to wait a few months after coming off the medication before you begin trying to conceive. This will give your body plenty of time to clean out the medicines.

How Long Will You Need Medication?

Just as with therapy, the length of your medication treatment depends on the severity of your anxiety as well as your confidence in your progress.

You should ask yourself:

- Do I feel better?
- Have my symptoms improved?
- Have I made changes to my life to support my medication?

Anxiety Busting Secrets - Your Ultimate Resource!

If you can answer these questions in the affirmative, you might be heading toward the road of getting off of your medication.

The first thing you should know is that some people need to be on one medication or another for the rest of their lives. It's not a common thing, but it does seem to be the case for some people.

For others, anxiety medications are a short term aide to help as they are starting therapy or experiencing a particularly stressful time.

The general suggestion for medications is to be on them for no less than three months. This will give the medication plenty of time to work and to allow you some time to investigate therapy options.

In many studies, those who combined therapy with medication often found that they could go off the medication more quickly. These studies also found that the combination of drug and behavioral therapy helped the patient reduce their anxiety symptoms much more rapidly than one treatment or the other.

If you feel that you would like to stop your medication, be certain to talk this over with your doctor as well as with your therapist. Some medications require that you be weaned off of them, so you will want to devise a plan of slowly taking your body away from the drugs.

Some medications can also be used whenever you have severe bouts of anxiety and only in certain situations. If you want to have something like this on hand, talk to your doctor about the possibility.

Alternative Therapies

Everyone is talking about natural and alternative medicine, so it's no wonder people with anxiety are wondering if there is something for them too.

And the good news is that there is. Or rather, there are many alternative therapies that can help you with your anxiety.

Herbal Medications

Though the pharmaceutical business is booming with anxiety medications, this does not mean that you need to start with those medications in order to feel less anxiety.

Many studies are showing that some herbal supplement may be just as effective as the modern day medicines, though with fewer side effects.

Some of the herbal medications include:

- **Saint John's Wort**

This is a herbal that acts as a mood stabilizer as well as an antidepressant. For those with generalized anxiety disorder, this is taken every day to help balance your stress levels and help you manage your feelings more effectively. This needs to be taken for at least a month before you will begin to see improvement.

- **Valerian**

A soothing herb, this can be taken at bedtime or at any time of the day when you are beginning to feel a little anxious.

- **Passionflower**

Another natural supplement that is thought to act much as benzodiazepines.

- **Kava**

This herbal supplement has had some controversy, but it does seem to help those with mild anxiety issues. Taken in a tea or in pill form, it can help soothe frazzled nerves.

- **Chamomile**

There's a reason why chamomile tea is used before bed. It helps to soothe your stress and can help you manage your anxiety.

As with any medication, you need to check with your doctor before taking any of these herbs – especially if you are on medication for other medical conditions.

Herbal supplements can and will react with some medications, rendering them ineffective and potentially life threatening.

Chinese Traditional Medicine

If you're not already family with Chinese Traditional Medicine, you might want to take a closer look.

This medical practice system has been used for thousands of years, and is based on the idea that your body is filled with energy. When the energy flows well, you are healthy both physically and emotionally.

But when the energy is stifled in some way, you will become unhealthy. So, anxiety is thought to be caused by an energy disruption in your body. By using one or more techniques in Chinese Traditional Medicine, you can begin to feel calmer.

There are several different practices within this medicine system:

- **Acupuncture**

Most people have heard of acupuncture. This is the practice of putting tiny needles into

the skin at certain points. Since the belief is that the body contains many pathways for energy, by introducing these needles, the practitioner will help to make the flow of energy right again. This kind of practice can take multiple sessions and those who receive acupuncture report feeling lighter and calmer after even the first session. The needles not only help to regulate the energy, but they can also simulate the body's production of 'feel good' endorphins.

- **Herbal supplements**

By going to a Chinese herbalist, you will learn about how your body works. Since all of our bodies are different, these practitioners will ask you a number of questions about your life and your habits in order to get a broad picture of what might be causing your energy imbalances. Then, they will recommend certain herbs or mixtures to take in a tea form or in a pill form. Some of these herbs can include: ginseng, licorice root, and many others.

- **Acupressure**

Similar to acupuncture, this practice helps to stimulate the various energy meridians in the body without the use of needles. By pressing certain points, the energy flow is corrected.

You might also encounter other forms of Chinese Traditional Medicine as you search for anxiety relief. But these tend to be the most often recommended for their effectiveness and their safety.

It should be pointed out that some Chinese herbs can conflict with traditional anxiety medications, so if you are taking any other medications, you will want to tell the practitioner about it as well as ask your pharmacist which herbs should be avoided.

Tai Chi and Other Alternative Practices

For some people, taking supplements isn't enough or they find that energy work is simply not something they believe will work – and of course, they find that it doesn't work.

There are many other alternative therapies that can help reduce your anxiety by promoting relaxation and mind-body awareness. These practices can be done on your own or in the company of others.

- **Tai Chi**

This ancient practice can help you restore the balanced energy to your body through a series of slow movements. Though it was started as a gentle sort of self defense, this practice has become common place not only for anxiety patients, but also for those suffering from joint and muscle pain. You can find a number of Tai Chi instructional videos and tapes in bookstores and online, but you might want to try taking classes with a certified teacher first.

- **Yoga**

While it seems that yoga can help with nearly any complaint you have, there's a good reason for these claims. By helping you focus your attention on how your body feels, you begin to distract yourself from the anxiety and stress you are feeling. At the same time, you are removing the actual muscle tension you have in your body, helping you feel more relaxed. By practicing a few simple yoga moves each day, you can begin to increase your mind-body awareness and allow yourself to remain calm even in the most stressful of situations.

- **Massage**

Just as with yoga, relieving muscular tension can often help you feel less stressed and anxious. By getting regular massages, you can limit the amount of muscular tension you feel as well as help to release natural endorphins into your blood stream, which can help you feel lighter and calmer.

- **Breathing techniques**

One of the easiest ways to begin to reduce your overall anxiety is to learn how to breathe correctly. Too often, when we are stressed, we take shallow breaths, which can lead to troubles with getting enough oxygen into our bloodstream. By stopping to take a few deep breaths each day, you can begin to calm your body and help you focus your attention away from whatever is causing you stress.

- **Meditation**

Many people would much rather do acupuncture than try meditation, but this might not be the best decision. Meditation is another age old practice that can help anyone feel better about their stress levels and also give them the tools to stay in a calm state. By simply sitting with yourself for ten minutes a day, without distractions, try emptying your mind of all thoughts. Whenever you begin to think about something, simply push it out of your mind and try to empty your mind again. The more you practice, the better you will get. This practice allows you to be able to focus on the present moment instead of worrying about the past or the present tasks.

- **Reiki therapy**

While not as common as some of these other treatments, Reiki treatments are thought to help your body tremendously. By lying or sitting up, the practitioner places their hands at certain points of your body to help facilitate healing. It is thought that drawing on an energy source from outside of the practitioner helps to increase the effectiveness.

- **Aromatherapy**

There are also many scents that have been linked with helping to calm the body and to make it more balanced in terms of energy. Aromatherapy practice is based on the idea that when we stimulate the scent receptors in some way, they will then affect the receptors in the brain. Try candles, incense, or oils that have lavender, vanilla, or flower scents.

You might find that a combination of these alternative options can help you begin to find relief for your anxiety.

Without any side effects or drug interactions, these therapies are often recommended before medications. And if they do not provide enough relief, then other treatments are discussed.

If you have any troubles with mobility, be certain to talk to your doctor before attempting anything too strenuous. While yoga and Tai Chi are great for most patients, some find the movements too difficult, so try to watch a class before you sign up for a longer period of practice.

Lifestyle Changes

If only you could remove the stress from your life, then you would have little anxiety to worry about, right?

The truth of it is that you can make changes in your lifestyle and begin to see your stress levels diminish. When you take care of your body, it will take care of you too.

Nutrition and Anxiety

Since your body is involved in distributing energy and providing the right signals to the brain and to your organs, you need to make sure you are fueling your body properly.

This is especially the case when it comes to anxiety.

Though it might not seem like nutrition is going to help you feel better, you will find that the more you choose healthy foods, the better your overall moods are.

Many of us will eat junk foods and other unhealthy foods when we are stressed, often creating a damaging cycle. You feel badly about eating these kinds of foods and then you get upset and stressed. This increase in stress causes you to eat more not-so-good foods, etc.

If you want to make sure you are doing the best thing for your body, you will want to start off with a new eating plan.

The first thing you will want to do is to remove these items from your kitchen and from your diet:

- **Sugar**

When you eat a lot of sugar in your diet, you are taking your body on a sort of ride.

Eating a lot of sugar will cause the bloodstream to be flooded with this sticky substance.

If you're not burning a lot of energy, the sugar will simply stay in the bloodstream or it will

be converted into fat for storage. High blood sugar feels pretty good as you are filled with energy...but only momentarily. When the body finally converts the energy and breaks it up (which is very quickly), you will 'crash.' You might get a headache, get jittery, etc. In fact, blood sugar changes can often make you feel more anxious. And then you get hungry again for more sugar. It's a difficult cycle to break. There's nothing wrong with eating sugary treats from time to time, but you will want to limit these to special occasions when you are having troubles with anxiety.

- **Caffeine**

While it seems like the world runs on caffeine, if you are already anxious, caffeine is only going to make you feel more keyed up and frazzled. The key with caffeine is to use it in moderation. A few cups of coffee in the morning are fine, but drinking soda all day probably isn't the best idea for your body or for your anxiety. Try switching to caffeine free versions of your favorite beverages and foods. Of course, if you have been drinking a lot of caffeine for a long time, you will want to taper off to avoid withdrawal symptoms.

- **Processed foods**

The more chemical ingredients that are listed on the label of as food, the more likely your body is not going to react well with it. In truth, scientists really don't know what these chemicals are doing once they get into your body. When you have troubles with anxiety, you might want to avoid as many chemicals as you can. This means avoiding overly processed foods like prepackaged meals, snacks, etc.

- **MSG**

Monosodium Glutamate is something that is found in many ethnic foods as a flavoring, but it's also been linked with increasing levels of anxiety in some patients.

- **Hormones and pesticides**

If you can, switching to organic foods is recommended when you have troubles with anxiety. The chemicals that are used in the processing most foods can begin to shift your brain chemistry and make you more prone to anxiety issues.

- **Salt**

What you might not realize is that whenever you take in large quantities of salt, your

Anxiety Busting Secrets - Your Ultimate Resource!

body begins to lose hydration. This can affect the nerve cells in your body, causing you to be more prone to stress and anxiety. Try to limit your salt intake in order to help your brain function at its highest capacity.

After looking at this list, it's obvious to most people that their diet is going to have to change dramatically. And for many people, they might need to go even further with this list – shunning fats and meats altogether. Over time, you will find what works for you.

What you may want to do is to keep a food diary of what you have eaten, when you have eaten it, and how your anxiety was afterwards.

Now that you know all of the foods you need to avoid, you need to find out what to fill your refrigerator and cupboards with.

Some great foods to stock up on are:

- Whole grains
- Vegetables
- Fruits
- Lean meats
- Low fat dairy products
- Beans
- Nuts
- Olive oil
- Fish

These basic categories of food will help you support your body's basic processes, allowing you to maintain a steady stream of energy which can help you deal with anxiety in a much more relaxed manner.

Some other specific foods you might want to try for anxiety include:

Anxiety Busting Secrets - Your Ultimate Resource!

- Asparagus
- Avocado
- Brewers yeast
- Carrots
- Celery
- Eggs
- Garlic
- Molasses
- Onions
- Spinach
- Wheat germ

But it's not just about what you eat; it's also about how you eat your foods that can help reduce your anxiety.

When you're stressed, you're prone to unhealthy eating behaviors that can cause you to feel more anxiety symptoms.

Make sure that you:

- **Chew slowly**

When you chew too quickly, you can let in too much air into your stomach, causing stomach pain and gas.

- **Eat smaller portions**

If you are placing large quantities of food in front of you, you can easily eat more than your body needs.

- **Eat sitting down**

When you eat in your car or when you are standing up, you may not be able to interpret satiety signals correctly.

- **Drink a little fluid with your meal**

Try not to drink a large portion of liquid during your meals as it can cause you to have troubles with digestion.

- **Take your time**

Your body needs about 20 minutes to realize that it has eaten, so take your time when you are eating.

Nutrition is very important when it comes to helping your anxiety. If you put the correct 'fuel' in your body, after all, it's bound to run more efficiently.

In addition, there are some supplements and nutrients that you will want to make sure you add to your shopping cart:

- B complex vitamins
- Magnesium
- Calcium

Each of these minerals can be found naturally in foods like red meats and vegetables as well as in dairy products.

Behavior Modification

Whether you are in therapy or not, you can begin to incorporate behavior modification into your anxiety treatment plan.

Behavior modification is often thought of as something that will involve instructions and rewards, but this is not quite the way it works for anxiety. Since you do not want to encourage the idea that anxiety is bad, this kind of therapy focuses more on looking at certain behaviors that need to be changes and then working on ways that will help to change them.

On your own, there are many ways you can begin to do your own behavior modification:

- **Distraction**

A common technique taught to panic attack sufferers is to find something else to focus on when they are beginning to feel panicky. They might be told to look at something else and to really take time observing the world around them. For example, if the person feels nervous in a church, they might focus on counting the organ pipes instead of their panic symptoms. What these distraction techniques do is to divert the attention away from the symptoms until the body runs out of adrenaline to push through the body. Since this can take up to an hour, you might need to come up with several healthy ways to distract yourself.

- **Asking questions**

Another way to begin to change the way you react to anxiety is to ask yourself about the anxiety you are feeling. Stop for a minute to find out what you're really upset about and whether this is something you have control over. In most cases, our stress is something that we can do little about. For example, if you are anxious when flying in a plane, you might want to realize that your worry is not going to keep the plane in the air. Try examining what you are thinking and then attempt to break down any thinking that might be heading to a more negative place.

- **Practice mantras and affirmations**

For some patients, having a word or phrase to focus on can help to keep their mind from becoming too anxious. For example, you might want to tell yourself that everything is going to be fine again and again. Some people also like to say, "I'm okay" or "This is going to pass." Whatever appeals to you, try to repeat it to yourself or write it down in a place where you can look at it frequently. This will help you change your thinking and begin to create more positive experiences of your stress.

- **Deep muscle relaxation**

For many people, their bodies become a reflection of their inner stress. They might have headaches and sore muscles whenever they are stressed, making it difficult for them to ignore the stress until it goes away. By learning about deep muscle relaxation, you can begin to soothe these aching muscles. You might start when you are lying in bed at the

end of the day. Close your eyes and try to picture the muscles in your feet. This doesn't have to be an accurate visualization. Just picture the muscles and try to tense them for a second or two. Then release them and feel how much looser they feel. Keep doing this with each group of muscles, working up your body all the way to your head. The more you do this, the more you will be able to release muscular tension whenever it's necessary. Of course, this can also be achieved with a deep tissue massage.

- **Communication courses**

If you have troubles getting up in front of an audience or you simply feel like your anxiety has gotten in the way of your communication skills, you might want to take a communication course or a public speaking course to help you feel more comfortable. Though you might be nervous at first, many people in the class will be feeling the exact same way that you do.

- **Assertiveness training**

With the help of a therapist, you might want to learn more about being assertive with others. More specialized than communication courses, this will focus on getting you to stand up for yourself. Since many people feel anxiety during conflict, it's a great idea to learn how to interact with others in a way that both helps you feel more confident and that helps others still get what they want from the interaction – without taking advantage of you at the same time.

- **Phobia immersion**

You may also work with a therapist that guides you through particular phobias in order to help you get over your fears of these specific situations. For example, you might get into an elevator with a therapist and they will talk you through your thinking as you are getting anxious. By continuing to return to the fear inducing situation, you will begin to learn how to healthfully deal with these feelings.

- **Breathing retraining**

You might also want to learn more about how to breathe through stress when you begin to feel yourself get stressed. By learning how to breathe deeply more often, you can begin to flood your body with oxygen and that can help you feel more in control of the situation.

- **Organization training**

For some people, they need to have better organization systems in place in order to help them manage their workload or life more easily (and with less stress). You may want to consider hiring a professional organizer or some similar professional to help you figure out what kind of organization system will work best for you and for your life. By creating a system that works for you, you can begin to feel like your life isn't taking over.

There are many ways that you can begin to modify your behavior in order to reduce the anxiety in your life.

Many people will actually end up doing these kinds of therapies on their own, while others will need professional intervention. In the end, you will need to do some form of behavioral therapy as your anxiety is causing you to do things you don't want to be doing anymore.

Exercise and Mood

While you've heard about the benefits of exercise for your body, can it also help your anxiety too?

Just as with changing your diet, changing your activity levels can help you with your moods and your stress levels. There are a number of reasons why exercise helps:

- Exercise can help you produce feel good endorphins
- Activity can help you reduce muscular tension
- A fun activity can divert your attention from stress
- Adding exercise seems to elevate certain neurotransmitters in the brain
- Reduces the levels of cortisol in the body (a stress chemical)
- More activity can help with sleep disturbances

Anxiety Busting Secrets - Your Ultimate Resource!

More and more studies are showing that exercise can help you balance your body as well as your moods, so it's no wonder that many doctors are recommending that patients attempt exercise and diet changes first before trying medications or therapy.

But since you're under stress, it might be hard to see how you can even fit exercise into your life.

The definition of exercise doesn't have to mean that you spend hours in the gym, but it does mean that you need to get more regular activity in your daily life.

This might include structured exercise programs or something like a team sport.

The current recommendation for exercise in relation to anxiety is for patients to exercise for thirty minutes a day three to five days a week. This exercise should have your heart rate increased to a point where you feel like you're working hard, but not so hard that you can't speak.

The main goal is to make sure you are getting some sort of exercise every day, even if it's in shorter bursts of ten to fifteen minutes. Even these short spurts have been shown to help improve your mood immediately.

There are a number of ways you can use exercise to help you with your anxiety:

- **Preventative**

It has been shown that patients who are more physically active tend to have fewer bouts of anxiety than those who do not exercise regularly. If you are not feeling stress, this means you should still be exercising so that you're 'ready' when the next stressful time in your life starts. You might also want to begin a more regular exercise program if you are anticipating stress or if you already have mild anxiety as this can help you reduce the severity of your stress.

- **Management**

Whether you are in the throes of a panic attack or some other anxiety response, you might want to try exercise as a way to change the way your body feels. By heading out

the door for a walk or turning on your mp3 player and dancing around, you can begin to change the chemical disruption in your body and perhaps even stop the stress response altogether. For example, if you are under a lot of pressure at work, make sure to still schedule time in for exercise. It will help you control your stress responses. Many patients find that their stress is more productive instead of disruptive when they are exercising regularly. Others like the time away from the stress to think over problems they're having.

- **Maintenance**

For those who are undergoing treatment for anxiety, it has been shown that those people who continue to exercise throughout and after their treatment will have an easier time maintaining their progress. Exercise has been linked with preventing relapse in patients with more severe cases of anxiety and other stress related disorders.

As you can see, exercise is certainly a helpful way to manage your anxiety, but are there certain types of exercise that are better than others?

Much of the exercise you choose to do will be determined by your activity level as well as by your doctor's recommendations. If you haven't exercised in a long period of time, you will want to have a complete physical to see whether or not you are fit enough to begin the program you had in mind.

If you get the go ahead, you have a number of different exercises that can help you start feeling better:

- Walking
- Jogging
- Team sports
- Biking
- Aerobics
- Dancing
- Swimming
- Etc.

Any activity in which you increase your heart rate is perfect for reducing and preventing anxiety.

But the key is to choose things that you actually enjoy doing.

Here are some other tips to get your exercise program started:

- **Find an activity buddy**

When you exercise with a friend or other loved one, you are more likely to stick with the activity. Find a walking partner at work or walk with your spouse after dinner to help manage your anxiety.

- **Change activities often**

Instead of doing the same thing every day, make sure to change up your activities whenever you begin to feel like you're not as excited to do the activity anymore. You might want to take different classes at your gym or maybe just try different walking or jogging routes.

- **Bring music along with you**

For many people, they become bored with exercise, so they're less likely to stick with it. But since music players are more prevalent than ever and inexpensive, why not fill up your personal music player with fun, high energy music to help keep you moving during your activity? Just be sure that you aren't being distracted too much from the environment you are in.

- **Start slowly**

When people hear that exercise can help with anxiety, they want to immediately jump into a big exercise program, but this might not be the best idea if it's been a while since you've moved. Try starting with just a few minutes a day and then slowly add more until you feel comfortable with the time you spend working out.

- **Make it a priority**

More of us would exercise if we simply made it a priority. When you begin to think of

exercise as a part of your anxiety treatment plan, you might start taking it more seriously. Pencil in the times when you will be exercising and then stick to them.

- **Keep an exercise log**

Since we tend to not notice our own improvement, try keeping an exercise log of what you do each day. Write down the distance you walked/jog/swam and then notice how you are getting stronger each time. You might also want to write down times when you simply didn't feel like going, but you made yourself anyways.

- **Buy the right equipment**

Try to make sure you have the right fitness clothes and shoes for the activity you want to do. You don't have to spend a lot of money to keep your body safe and warm as you workout.

- **Try DVDs and videos**

To keep things exciting, try new exercise videos from your local video store. This is a cheaper route than buying them and it gives you a chance to see if the DVD is any good before you decide to buy it.

Exercise needs to be a part of your life if you want to push your body away from anxiety and into good health.

Make exercise and activity the new goal of each day and you will notice your moods lift.

Learning to Say No

One of the ways that many of us find ourselves in more stressful situations than we'd like is by saying 'yes' when we should be saying 'no.'

And it's understandable.

Anxiety Busting Secrets - Your Ultimate Resource!

We want to please people, so we say yes to things that we can't handle or that will overburden us – just because we want others to appreciate us. But in the end, we become resentful that the person even asked us in the first place.

Those feelings can then turn into more stress. We are not only made at the other person, but we're also made at ourselves.

To stop this process, we need to learn how to say no when we mean to say no.

This is called creating boundaries. And while that sounds like it would be a limiting thing, it's actually something that allows more freedom for us. When we create boundaries, we allow ourselves the opportunity to do the things that we really enjoy instead of pushing through the things that we don't really like.

That said, the art of creating boundaries is not something most of us are taught when we grow up.

We may have been told that saying yes is the best way to get ahead in life and that the more we take on, the better a person we are. But when you are suffering from anxiety, you need to begin to focus more on yourself and not what other people will think of your choices.

No matter what you do, people are going to be upset. You might be able to win a gold medal at the Olympics, but your little sister might be upset that you spent all that time practicing.

Boundaries are about establishing how people can treat you and how you want to be treated. You and your therapist can work on this in a clinical setting, but these limitations can also be defined on your own.

Here are some tips for creating boundaries and learning to say no when you really mean to say no.

- **Figure out when you should have said no in the past**

We tend to kick ourselves after we've let someone take advantage of us. We sit there and ask ourselves, "Why did I just say yes to that?" Instead of beating ourselves up, we

can use these times to learn when we need to be ready to say no. For example, if a certain coworker always asks you to do extra work for them on Fridays because they want to leave early, you can identify this as a potential situation in which you can practice saying no and prepare for it.

- **Practice saying no to those in our families**

Too often, the people we should feel most comfortable saying no to are the ones we truly can not turn down. So, try saying no to things that your family asks you to do. This might be difficult at first and you will get some resistance, but they will understand in time what you are trying to do.

- **Ask yourself if you want to say yes**

So often, when we are anxious, we forget to slow down and to think about what someone is asking us. This leads to us saying yes to things we really don't want to do. So, stop for a minute and ask yourself if you really want to do the thing you're being asking to do. If so, then you can say yes without feeling bad about it. And if you say no, you also won't feel badly for it.

- **Find ways of saying no**

It sounds silly, but when we're not used to saying no to people, we actually need to learn how to do it. "I'm sorry, but I can't" is good, as is "I wish I could help you, but I can't." Find different ways that you can say no without giving any way for a person to misinterpret it.

- **Don't explain your reasoning**

While you might say no, when you begin to rationalize your answer to someone, it shows that you're not really sure about the decision you made. Instead of doing this, you can simply stop after saying no. Most people will not ask you for an explanation and if they do, you don't have to say anything more than, "I'm just not available."

- **Delay your answer**

If you are having troubles saying no to someone, you might want to delay your answer. If they need an answer right then, you can simply say no then.

- **Try to figure out the value of saying yes**

What will you get out of saying yes to a project or to a party? If you can't answer that question, you might want to simply say no.

- **Schedule your time for other things**

Instead of keeping your calendar open just in case someone needs you, make sure to fill up your time with things you enjoy doing. That way, when someone does ask you to do something, you can honestly tell them that you are already busy during that time.

Of course, if you don't know how busy you are, you might have troubles with determining whether or not you should say no.

Try keeping a list of the items you need to do that you can easily refer to, or you might want to use a computer program to block out certain times in order to see immediately whether or not you are free to complete a certain project.

What you need to understand in the end is that you only have so many hours in the day and you can't fill them all up with the things that others want you to do.

When you say no, you're actually saying yes to your own life and the things that are important to you.

Conclusion

While we're all going to be stressed out at one point or another in our lives, this doesn't mean that we need to let anxiety run our lives.

If you've been feeling nervous, anxious, or just overwhelmed more often than not, you may have a treatable form of anxiety.

Having a mental issue doesn't carry the stigma that it used to – and with so many millions of people facing anxiety disorders, it certainly shouldn't.

Realizing that you need help is the first step toward having fewer stress filled days. There are treatment options that will help you learn to manage day to day stress, while also allowing you the chance to unlearn unhealthy behaviors and thought patterns that might be causing you physical symptoms.

Anxiety may feel like the end of the world, but it certainly isn't.

Bonus Articles

We always believe in providing immense value to our readers. Hence we are adding several bonus articles that give you more information on this subject. Enjoy!

**All these articles are © Wings Of Success.
Using them without our prior written consent is strictly prohibited.**

Using Interpersonal Therapy to Treat Panic Disorders

Summary: Interpersonal therapy is an effective treatment for certain kinds of social-related panic disorders. By teaching the patient how to relate and interact with those around them, their fear of social situations can be reduced.

The process of using interpersonal therapy to treat panic disorders is one of learning how to interact with and relate to other people in a situation that makes you comfortable. Most people with social panic disorders have issues regarding their self-image and individuality. Most often these manifest as a tendency to avoid confrontations and play a submissive role, even when it makes them unhappy to do so. The "nice guy" who always does anything his social group asks of him as a "favor" is a classic example of this behavior. Even if he really doesn't want to run the errand, he is afraid of being rejected and begins to panic just thinking about it, and so does what was asked of him.

The practice of interpersonal therapy to treat panic disorders is common nowadays. The most important thing is to teach the person to be more assertive and express their true needs and feelings in a comfortable way. Always being submissive to others' wants can easily lead to a loss of self-esteem and depression as you see your own worth and needs as being less than those around you.

There are ways to be assertive without being aggressive, fortunately. Learning to be assertive means learning to place your own needs above those of others. It means learning to say "No" without having a panic attack. Aggressive behavior tends to result from a lack of assertiveness, which causes the aggressive person to lash out at those around them. But most of the time, people who aren't assertive simply let everyone around them have their way, regardless of their own feelings on what they want.

When going into interpersonal therapy to treat panic disorders, a lot of time is spent discovering how to express oneself verbally. You must learn to choose words that do not attack, manipulate, or belittle the other person. Part of the process is learning to tell people when you don't want to do something. It is also necessary to learn when it is appropriate to assert your wants over others' wants, how and when to say no, and generally just learning to communicate more effectively overall.

Another important part of interpersonal therapy is the time spent learning how to use neutral body language to maintain your non-submissive status without using aggressive body language. For instance, looking the other person in the eye when telling them something can mean the difference between being submissive and not submissive. You will be amazed at how much different your use of body language can make both you and others feel about you.

Most panic attacks are caused by panic disorders, which are in turn caused by ongoing anxiety. If you are the type of person that always gives in, is always submissive, then you are probably living in a state of constant anxiety that you will be asked to do something you really don't want to do. This can easily lead to simply isolating oneself from the group, in an attempt to avoid those situations. This is not good for you, and can lead to depression in addition to the panic and anxiety disorders.

The most important thing you can learn by going through interpersonal therapy to treat your panic disorder is simply that you have the right to your own feelings. No person can force you to do something that you don't want to. If you think that this article describes you, visit your doctor for a referral to an interpersonal therapist. You will never regret it.

Anxiety Attack - How Psychological and Physical Symptoms manifest

Everybody feels fear. It is how someone reacts to their fear. We have all been anxious about the things that make us fearful. Not one of us, no matter how hard we try, can get away from fear.

So when anxiety is getting experienced by a person whether it is explained or is so bad that they having an anxiety attack. This is known as a panic attack.

The attacks usually begin with a trigger like an event or an object Some can happen without any such events. This can become a phobia.

Anxiety Disorders come from a fear or phobia along with an object, social phobia, post traumatic stress disorder, generalized anxiety disorder, panic disorder or obsessive compulsive disorder. Should a person possess one of these disorders and suffer from numerous attacks, it is probable that they will experience emotional, psychological and physical symptoms of the illness.

Anxiety Attacks with Emotional and Psychological Symptoms

It seems that when an anxiety attack is starting erupt, people feel the emotional side before they even feel the physical part. They grow scared and begin to fear the situation they are in. Due to this fearful feeling, they cannot think of anything else but this. It also causes the person to feel restless but unable to leave the setting.

Many people will avoid the situations or the objects they know will cause the disorder and the anxiety. This can cause some problems in this person's life especially if the person needs to do something important and the situation demands it.

Due to the avoidance, the person becomes hyper vigilant and irritable about the situations. When they think of the situations, they become nervous about other things that surround them, fearful that attack will occur again. In some severe cases, the person may be fearful that they may die, that they are going crazy and have that feeling of wanting to escape but they can't.

Anxiety Attacks With Physical Symptoms

When the emotional and psychological symptoms emerge from anxiety disorder, it is only a matter of time before physical symptoms will manifest itself. A connection between the person's mind and their body makes that possible. It is thought the mind believes that there is, indeed, a fear, which sends the body into action, wanting to fight or run from the situation.

Anxiety Symptoms to Watch For

This complete uneasiness or fear to a situation may make the person's heart to race, feeling like it is suffering a heart attack because chest pains arise and the chest feels constricted.

Like other illnesses of this magnitude, a person may experience hot flashes and even chills. Their hands could become clammy and cold as a result or even sweaty.

Other common problems that are seen in anxiety are:

- * stomach problems - results in upset stomach
- * queasiness
- * frequent urination
- * diarrhea
- * body aches
- * tense muscles
- * headaches

Some people may have:

- * tremors
- * twitches
- * jitters
- * dizziness
- * lack of sleep

From the anxiety, some people are unable to sleep and staying asleep, resulting in the lack of getting a good night's rest. This can cause severe fatigue, resulting in problems in the person's life.

With anxiety disorder, a person can have all the symptoms, some of the symptoms and even just a couple of the symptoms... but unless a medical professional rules out all other symptoms, it all leads to one conclusion... anxiety disorder sufferer. Until the diagnosis is made for sure, a person should seek medical attention for a complete physical work-up as well as an evaluation.

Using Hypnotherapy to Cure Panic Disorder

Hypnotherapy - a new way for people to be rid of anxiety and panic attacks. For some, hypnotherapy can be effective in reducing the amount of attacks they have and experience each month.

How hypnotherapy works -

It targets the attack triggers and the psychological as well as physical symptoms associated with anxiety attacks.

How to Use hypnotherapy -

Should someone feel they would benefit from this type of therapy, they will need to seek out someone who is qualified and experienced in dealing with panic attacks. There is not just one kind of hypnotherapy but many kinds so someone who knows how to deal with panic attacks is preferable. Panic disorder hypnotherapy deals with the psychological as well as the physical symptoms.

Using hypnotherapy for panic attacks can reduce the number of attacks a person suffers from. It works by using the person's unconscious mind and deals with anxiety provoking situations.

The Hypnotherapist's Job to Cure

The sufferer's physician or hypnotherapist will put them under into a relaxed and vulnerable state. Then, while the person is under the "spell", the hypnotherapist will tell the sufferer ways he or she can decrease their anxiety in the ways the unconscious will respond. Then the hypnotherapist will get the subconscious to resist anxiety when faced which would normally cause the person to get fearful.

Should it be an object or certain setting that typically causing the panic attacks, then using hypnotherapy can help to let go of the terror that is experienced. Hypnotherapy, it seems, works much better than plain old medication. Why? Because the hypnotherapist can train the person's unconscious and subconscious to "obey" and understand the anxious state the person feels.

This type of treatment helps to reduce and get rid of the physical symptoms that are experienced in an panic attack. The hypnotherapist will go over the details with the patient and calm them down when they start feeling anxious and worried. After doing this a few times, the body can come into contact with the situation without a panic attack.

Hypnotherapy Works in Two Ways

Hypnotherapy can work in two ways... getting the anxiety level down to reasonable level and controlling the physiological responses in the body when it is thrown into a "pressured" situation.

Like the physiological responses that the hypnotherapist attacked, he or she can also relieve the problems that affect the person's physical symptoms as well. Bringing the patient into a relaxed setting and then reviewing the situation or detail so the person will feel anxious. When the anxiety levels reaches a high point, he or she will bring it back down to focus on those physical symptoms.

Panic Attack Symptoms -

There are several signs that a person can have during physical panic attack. They are:

- * Racing heart
- * Chills
- * Hot flashes
- * Nausea
- * Headaches
- * Stomach upsets (including other bodily issues)

One technique the hypnotherapist will tell the patient and it should be used most often is take a deep breath to get the heart rate back down and stay calm. Doing this calms other physiological reactors. If a person can calm down while in the middle of a panic attack, then facing the situation head on will not be near as hard. It trains the body and mind to stay calm during stressful times.

Anxiety Busting Secrets - Your Ultimate Resource!

Hypnotherapy is good for those who have frequent and serious panic attacks. While some people find using medications with seeing a hypnotherapist works better than going it alone.

By contacting a hypnotherapist for panic attacks, go to the local healthcare professional.

Medications for Panic Disorders.

Summary: It may be common for doctors to begin treatment of panic disorder with antidepressants, anti-anxiety medications, or a combination, but what are the other alternatives.

ANTI-DEPRESSANTS:

Antidepressants may be prescribed because there is coexisting depression, but that's not always the case. Although these medications were developed initially for depression, further research has shown that many help with anxiety disorders as well because of the roles the neurotransmitters play in anxiety disorders.

Usually, selective serotonin reuptake inhibitors (SSRIs) and other newer antidepressants are tried first, but older antidepressants -- tricyclics and monoamine oxidase inhibitors (MAOIs) -- also may be used with success.

ANTI-ANXIETY MEDICATIONS: Anti-anxiety medications include the benzodiazepines and Buspar (buspirone). Anti-anxiety medications may be prescribed on their own or along with other medications, such as antidepressants.

Some doctors will prescribe a benzodiazepine temporarily with an antidepressant because the benzodiazepine will decrease the anxiety and panic symptoms rapidly while the antidepressant may take several weeks to take effect. Additionally, the benzodiazepine may help with any increased anxiety that may be a side effect of the antidepressant. Other doctors will prescribe these medications for longer periods.

OTHER MEDICATIONS:

Researchers and doctors have found a few other categories to help in the treatment of panic disorder. These medications may not have been specifically approved by the (FDA) for the treatment of panic disorder, but doctors may prescribe them "off label." Other medications prescribed to treat panic disorder include beta blockers, anticonvulsants, atypical antipsychotic, and antihistamines.

THERAPY:

The therapy most recommended in the treatment of panic disorder is cognitive-behavioral therapy or CBT, a form of psychotherapy. A couple of recent studies have shown CBT alone to be as effective in treating panic disorder as a combination of CBT and medication.

Other therapies or a combination of therapies also may be tried. These include: psychotherapy; exposure therapy (a form of behavior therapy); virtual reality exposure therapy (VRET); eye movement desensitization and reprocessing therapy (EMDR); rational emotive behavior therapy (REBT); and psychoanalytic therapy.

SELF HELP METHODS.

For various reasons, many people choose to use self-help methods when overcoming panic disorder. Panic disorder should be diagnosed by a health or mental health professional initially to rule out possible physical causes as well as other possible psychiatric conditions, such as depression.

Many self-help methods are similar to those that would be learned in a CBT setting, and it may be more effective to learn these methods with a trained CBT therapist who will make sure the methods are practiced properly and may also provide much-needed motivation. A good self-help books also provide effective and thorough instructions for self-help methods, but, again, motivation often is an issue if practicing these exercises on one's own.

Self-help methods include relaxation and breathing exercises; cognitive exercises (such as anger management, assertiveness, positive thinking, and more); and lifestyle changes (exercise and nutrition changes).

Unconventional Medicine & Holistic Healing

Some people choose to use alternative medicine and/or holistic healing when overcoming panic disorder. Again, there should be professional diagnosis of panic disorder before using any methods.

Additionally, your doctor and/or therapist should be aware of any methods you are trying on your own, particularly if these methods include herbs, vitamins, and supplements. Ideally, alternative medicine should be practiced with the help of a practitioner trained in these methods.

Alternative medicine and holistic healing practices that may help with panic disorder include: acupuncture; aromatherapy; flower essence therapy; hypnosis and hypnotherapy; and herbs, vitamins, and supplements. These methods are not FDA-approved and are not well-validated treatments for panic disorder.

The Role of Online Forums in Alleviating Socio-phobia.

Summary: Social anxiety is the fear of social situations and the interaction with other people that can automatically bring on feelings of self-consciousness, judgment, evaluation, and criticism.

Put another way, social anxiety is the fear and anxiety of being judged and evaluated negatively by other people, leading to feelings of inadequacy, embarrassment, humiliation, and depression. If a person usually becomes anxious in social situations, but seems fine when they are alone, then "social anxiety" may be the problem.

Social anxiety disorder (social phobia) is a much more common problem than past estimates have led us to believe. Millions of people all over the world suffer from this devastating and traumatic problem every day of their lives, either from a specific social phobia or from a more generalized social phobia. In the United States, epidemiological studies have recently pegged social anxiety disorder as the third largest psychological disorder in the country.

A specific social phobia would be the fear of speaking in front of groups, whereas generalized social anxiety indicates that the person is anxious, nervous, and uncomfortable in almost all (or the majority of) social situations.

People with social anxiety disorder usually experience significant emotional distress in the following situations:

Common anxiety provoking social situations include:

- a) talking with people in authority
- b) dating and developing close relationships
- c) making a phone call or answering the phone
- d) interviewing
- e) attending and participating in class
- f) speaking with strangers
- g) meeting new people
- h) eating, drinking, or writing in public
- i) using public bathrooms

- j) driving
- k) shopping

Physical symptoms that may occur during, or in anticipation of, the situation include:

- a) rapid heartbeat
- b) sweating
- c) muscle tension
- d) upset stomach
- e) trembling
- f) shaky voice
- g) dry mouth
- h) blushing
- i) queasiness
- j) ticks
- k) hyper ventilation
- l) difficulty making eye contact.

People with social anxiety disorder may never know that their anxiety is irrational and does not make "head" sense. Nevertheless, "knowing" something is never the same as "believing" and "feeling" something. Thus, in people with social anxiety, thoughts and feelings of anxiety persist and show no signs of going away. It's in such cases that On-line forums become handy.

The internet offers many sites that focus on the topic of social anxiety and have forums on these issues. This is an excellent opportunity, especially for individuals with this condition to get together and articulate their fears and feelings. These forums are purposely created to offer people with social phobia a chance of meeting similar individuals without feeling self-restricted and conscious. These on-line social forums are ideal for most people, because it gives them sufficient time to type or speak whatever they have in mind.

Relaxation is a very important thing to the patients of social anxiety and these on-line forums provides them with that much needed environment, where they need to feel comfortable. Different resources that may be of interest to sufferers of social anxiety disorders are all offered to them. It also makes communication to individuals with similar conditions easy. The social

anxiety forums also offer a good environment to meet new people from various parts of the world and make friends, other than just learning about their experience with social anxiety. You can also learn new tricks of managing the condition and also share tips of your own.

The number of social anxiety on-line forums is growing fast, so you are sure to find many. They may be all similar but offering different content. They provide chat capability where instant communication is possible in addition to forum boxes, where you can leave your comment, and it can be answered immediately or when someone logs into the site. It therefore pays to check on-line for these social anxiety forums if you are a sufferer of anxiety. AND Who knows; you might just find the right help.

Panic Attack Medications - Hope for Many

Summary: If you are one of the 40 million Americans suffering from panic and anxiety disorders, there is hope for you. Panic attack medications are available that can help control your anxiety disorder.

Last year, there were some 40 million Americans treated for anxiety and panic disorders. If you are one of the many who are experiencing severe panic attacks on a regular basis, there are treatment options available that can reduce or eliminate the panic attacks. Don't let panic attacks rule your life any longer. Read on to learn about some of the panic attack medications available.

The most commonly prescribed panic attack medication is one of the various forms of antidepressants. These medications help to keep your anxiety and stress levels down to a manageable level. They also help with any depression conditions you may have, which is not uncommon in anxiety disorder patients. There is a chemical imbalance in your brain that is responsible for the magnified effects of everyday stresses. Two main neurotransmitters (serotonin and norepinephrine) are related to your mood, and these are the chemicals targeted by antidepressants.

While most antidepressants work by correcting the levels of these neurotransmitters in your brain, how they go about it can be completely different from product to product. The panic attack medications Zoloft, Paxil, and Prozac are all selective serotonin reuptake inhibitors. Xanax, Valium, Klonopin, and Ativan are all a class of antidepressant called benzodiazepines. Norpramin, Anafranil, and Tofranil are tricyclic antidepressants. Parnate and Nardil are both monoamine oxidase inhibitors.

These last two types are prescribed much more rarely nowadays than the first two classifications of antidepressant. Knowing what type of antidepressant you are currently taking is very important, as some other medications, even over-the-counter ones, can react badly with certain classes of antidepressant. Always ask your doctor about any possible drug interactions.

All of these panic attack medications, while usually quite effective, can have some unpleasant side effects. Usually these side effects are most pronounced if your dosage is too high, they can

occur at any dosage. The more common side effects of antidepressants include: dry mouth, constipation, dizziness, drowsiness, headaches, blurred vision, sexual problems, nausea, heart palpitations, racing heart, weight gain, nightmares, insomnia, and nervousness. While some of these side effects may be better than having panic attacks, if they are too much they can cause more stress than the medications relieve. If at any time you feel that the side effects are just too much, you should discuss changing your medication with your doctor.

Remember, everyone is different. All medication do not effect everybody the same way. What works for one person may not work for you, and it can take time and effort to find the panic attack medications that work best for you. Your doctor may have to change your panic attack medication several times, but with so many different antidepressant and dosages available to try odds are good that you will find the medications that work for you. And once you have found the panic attack medications that best control your symptoms, don't stop taking them just because you are feeling better. The medicines just deal with the symptoms, they are not a final cure for your panic disorder.

Curing Panic Attacks - Take Back Control of Your Life

Summary: Panic attacks are experienced by millions of Americans each year, and that number is growing. Here are some of the things you can do to cure your panic attacks.

Millions of people experience panic attacks each year. The symptoms are extremely uncomfortable, and can closely mirror life-threatening physical problems. Restlessness, nervousness, or feeling scared are common psychological symptoms. The physical symptoms can include chest pain, tingling or numbness in the extremities, racing heart, diarrhea, stomach pain, and headaches. Twitches or other involuntary movements are not uncommon. But there are ways to cure your panic attacks and find relief from these extremely uncomfortable and frightening symptoms.

Curing Panic Attacks - First Steps

Most doctors will begin the process of curing your panic attacks by prescribing anti-anxiety medication. This will allow a few things to happen: Your physical symptoms will decrease or go away. Your mood and mental condition will stabilize. You will be able to live again without fearing the onset of a panic attack.

Learning to Live Again

After you have gotten your feet back under you and the medications are working, your doctor will recommend a therapist. The role therapy plays in curing panic attacks cannot be underestimated. While the medications can provide relief from the symptoms, a true cure for your panic attacks can only come from within yourself. A therapist will help you work through the issues that are causing the panic attacks in the first place. It is very rare that a person has panic attacks without some underlying factor causing it. Only once these issues have been worked through will curing your panic attacks be complete.

Dealing in the Meantime

If you can't go see a doctor right away, there are some things you can do that can help you manage your stress and help control your panic attacks. Most of these are simply relaxation

techniques of some form or another, so you can feel free to do whatever relaxes you best. If you can lose yourself in a game, for instance, that can be just as effective at staving off a panic attack as meditation.

Deep breathing: In through the nose, out through the mouth, ten times, when you get into a situation that may provoke a panic attack or causes you undue stress. Do not hyperventilate. Ten, and only ten, deep, slow breaths, then take a break.

Meditation: Practicing meditation every day is a great way to relax and let go of some of the stress you build up every day. Proficiency at this can even help you control impending panic attacks by relaxation. Just begin meditating if you feel a panic attack coming on or in progress, and continue until it subsides.

Counting down: Count down from 100 whenever you start feeling like you may be having a panic attack. Focus only on the numbers, and try to relax. This can help you stave off a panic attack.

Cognitive Therapy

You can change the way you think, if you put your mind to it. If you approach a situation as a frightening one, then you will be frightened. Try to adjust the way you look at situations that provoke your panic attacks. If you can convince yourself not that you are no longer scared, but that the situation itself is no longer frightening, then you will no longer be scared in that situation. This process takes time, sometimes a lot of time, but is a sure way of curing panic attacks.

Pregnancy Panic Attacks: Looking Out For The Expected Mother While She Looks Out Elsewhere

Pregnancy is a time of amazing joy. A woman bringing life into the world. You pick out baby furniture, paint the room and begin setting it up. Clothes that always seemed small and darling will be what your child will be wearing. You gain weight slowly and get to see the baby on an ultrasound. However, for many women, the joy of child birth can bring panic attacks too. So how does a pregnant woman deal with panic attacks?

Well, to be honest, the attacks can happen before the woman decides to get pregnant and after she has the baby in post partum depression. It is noted that six percent of women who do develop panic disorder get it after the child is born. However, both points are still being studied on.

There are several stressors in our lives... both positive and negative events. Example: You take a new job...a positive effect. Yet, there are many things that need to be done that causes stress.

Getting pregnant is the same way. It can be positive and joyous but it is one of the most changing life event ever experienced. It can cause panic disorders through the tension and stress that is caused from the anxiety one feels.

When the stress level rises, physical panic reactions ensue. This can make them feel as if they have lost all control of their mind and body. Some even feel that have lost their self-esteem. This is the time when self-esteem should be at its highest level before the baby's birth.

In the third trimester, the brain produces a chemical called serotonin which produces during fear and worry times. Since the chemical is released, panic attacks can become frequent and be intense.

As the impact of the pregnancy grows, the woman's ability to cope with family and the impending birth is starting to take a toll on her. For those who have suffered panic attacks during pregnancy, it is not uncommon to feel even more frustration and fear already felt from just being pregnant.

It is imperative that pregnant women and her family understand what goes on when she is suffering with panic disorder. The body is already in extreme distress from the pregnancy and panic attacks further aggravate the issue. She may find she cannot cope, cannot be trusted to make good judgments and is more tired trying to maintain self control. There are some mothers-to-be who suffer self-doubt about being a good mother.

Physical symptoms of a panic attack in pregnancy is much similar to everyone else who gets panic attacks. They are:

- * Shortness of breathe
- * Racing heartbeats
- * Hot flashes
- * dizziness

Psychological effects can be described by the following symptoms:

- * fear of losing control
- * fear of dying
- * fear of being inadequate

Should a pregnant woman suffer from panic disorder, it is imperative she speak with her physician. Sometimes a mild prescription can be given to her if the symptoms warrant it. These effects can be quite debilitating but taking responsibility for the treatment plan can help in reducing anxiety.

Relaxation techniques including meditation and yoga are suitable programs for pregnant women. Plus a woman can change her negative thoughts into positive ones and reduce the low self esteem that she feels.

If at all possible, if there are signs of stress or anxiety, family members and the woman should be seen by her doctor.

Safety Measures of obtaining Anxiety Medications at Discounted Rates on-line.

Summary: The Internet offers real benefits by offering anxiety and other medications at discounted rates, despite of this, find out why you ought to be careful prior to making purchase of online drugs.

The Internet offers real benefits to consumers by fostering competition and lowering prices for many goods and services, this includes the many types of anxiety medications that come at discounted rates. This is truly a blessing to many, considering the fact that they don't have to make trips to the drug store. But have you ever stopped to ask yourself of just how safe these drugs are.

According to the FDA, obtaining medications for anxiety at discounted rates on-line can be life threatening to some degree, while there are many on-line stores of good reputation that sell these drugs, some aren't. It's unfortunately not always easy to tell the difference. Consumers are therefore encouraged to be cautious before resorting to making on-line purchase of anxiety drugs.

Here are tips for ensuring that you get safe anxiety prescriptions from on-line drug stores.

- ALWAYS consult your local pharmacist and doctor about buying anxiety medications online.
- ALWAYS check out online sites (based in the U.S.) Independently through the National Association of Boards of Pharmacy at www.vipps.info.
- NEVER buy anxiety medications from a Web site based outside the U.S.
- NEVER buy anxiety medications from someone who does not request a prescription.
- NEVER rely on an online questionnaire or phone "consultation" with a Web site employee as a means to obtain anxiety prescription.
- Deal only with reputable businesses;
- Use credit cards or other payment options that will protect you if the product does not arrive or fails to live up to its advertising; and
- Beware of Web sites that do not provide a refund policy or a physical address for the seller.

What To Do When Prescriptions Arrive.

Though it's almost impossible for patients to check the chemical content and formula of their mail order medications, there are a number of precautions that they can take to ensure that these medications are of good quality. Since we've learnt from news agencies that some on-line drug stores dispense placebos or at times complete wrong medications, it's good that consumers do a number of things when they receive their prescriptions. These are:

- Scrutinize the prescription appearance. Ensure that pills inside each container match the appearance of the actual drugs, don't use them if they don't. This can be very essential for walk up chemists. Pharmacists like any human being are prone to error, patients are therefore encouraged to acquaint themselves to their medications.
- Be extra keen on reactions. If all checks out visibly, it's worthwhile when using drugs from on-line drug stores. If the drug doesn't meet it's expectations, then this should be a reason cause for concern.

Most on-line discounted medications come from legitimate on-line drug stores and companies. Sadly though, not all businesses on the World Wide Web are legitimate. Patients can therefore protect themselves from on-line fraud associated with the fraudulent companies by taking a few steps to ensure that their prescriptions come from only good reputed companies on-line.

Anxiety attacks: The causes behind the disease

When a person suffers from anxiety attacks, it can be quite frustrating for the sufferer to contend with. It can interrupt the day to day life of the person dealing with the anxiety.

For many people, it is not just one issue or dilemma that causes the anxiety attack but rather a culmination of things. By finding out what causes the disorder, it can help the person in the quest to regaining control of one self as well as decreasing the amount of attacks that occur. Like previously stated, the attacks come about from many different reasons, situations and objects.

During one time or another, each and every person finds themselves in an uncomfortable and stressed induced, anxiety-filled situation. From being afraid of speaking in front of people, doing a job interview or just meeting people for the first time, it all adds up to people suffering an anxiety attack.

When a person begins to suffer the symptoms of the attack in the psychological standpoint, physical ones also tend to appear from the intensified anxiety level. If the person can pinpoint what are the causes behind their suffering, they can find ways avoid the situations. But facing the problem or problems head on is better than running away from it.

Three Causes Behind Anxiety Attacks

- Social Anxiety
- Objects
- Pre Situation Anxiety

Social anxiety occurs when a person meets someone new or is approached by someone they do not know. Most of the fear stems from being made fun of or saying the wrong thing or also being thought of negative light. When speaking in front of a group of people, it sometimes is impossible for a person with anxiety disorder to not feel as if they will not mess up, leading up to the attack.

Another cause behind the attacks are objects. Bridges in particular can be quite stimulating for people afraid of them. Hearing negative items about a bridge including one such incident as in the Minnesota Bridge Collapse. The I-35W corridor collapsed during one of the 2007 rush hour traffic while it was being worked on. The tragedy killed several people but injured scores more.

Working to get over anxiety attacks around objects is not a feat that goes unbeaten... it is just a bit harder to work with. Working with a therapist will make getting "over" or complacent a bit easier for the sufferer. The therapist will come up with several plans for the sufferer to use.

For those things that have not happened yet, getting scared beforehand is rather common. A stressful job interview that everything in your household is riding on to get. A doctor's appointment where the doctor suggests the sufferers comes in to get the results. Anxiety of a child's impending graduation. All this can lead up to an attack. The cause behind these attacks have something to do with the way the brain processes information.

A therapist will help the sufferer in changing the way they think and find techniques to help them cope with situations that have not happened yet. When using the effective skills learned, it is possible to change the mind's way of thought.

Should you experience an attack but don't know why, speaking with a therapist can narrow down possible causes. The therapist can recommend techniques to use in every situation and may even recommend medication if the attacks warrant it.

Bipolar Anti-Anxiety Medications - One Part of the Treatment Puzzle

Summary: When prescribing medications for treating bipolar disorder in conjunction with anxiety disorders, there are some special considerations that must be taken into account.

Anxiety disorders are one of the most common mental illnesses in America, with over 40 million cases reported last year. Unfortunately, it is not uncommon for anxiety disorders to be accompanied or triggered by bipolar disorder. When this is the case, special care must be given when devising a treatment plan for the sufferer. Bipolar anti-anxiety medications should be recommended in most case, along with regular therapy.

Understanding Bipolar/Anxiety Treatments

As with most mental illnesses being treated with medication, the bipolar anti-anxiety medication is just a part of the overall treatment plan. These patients suffering from both disorders tend to have an overall lower success rate in treatment than when the conditions exist singly, unless supervised very closely and monitored for changes. People suffering from both disorders are more prone towards suicide and substance abuse, and should be monitored accordingly.

Since the symptoms of either disorder can trigger the other, it is imperative that both disorders be treated at the same time. But special care must be given to the selection of medications when treating these two conditions concurrently.

Bipolar Anti-Anxiety Medications

When both bipolar disorder and anxiety disorders are present, medical treatment through prescription medications is almost always necessary. It is always the doctors aim to stabilize the mood of the patient through the use of bipolar anti-anxiety medications. This is necessary since the introduction of the normal anti-depressants that are prescribed for anxiety disorders can trigger manic episodes in someone with bipolar disorder if their mood has not been stabilized beforehand. Even if care is taken to stabilize the patients mood before prescribing anti-anxiety medications, it is not uncommon for manic episodes to occur as a result.

Benzodiazepine, a form of tranquilizer, is sometimes used to treat bipolar disorder with anxiety disorders. They seem to treat the anxiety disorders symptoms without triggering manic episodes caused by bipolar disorder. The biggest problem with benzodiazepine is that, like any tranquilizer, it is extremely prone to abuse, and is habit-forming. Withdrawal from benzodiazepine can cause the disorders to return and even get worse.

Often the treating doctor will find themselves needing to change the patients bipolar anti-anxiety medications to different combinations and dosages. Finding just the right treatment for someone suffering from both conditions is difficult, and requires close attention and frequent adjustments by the doctor.

Other Pieces of the Puzzle

While bipolar anti-anxiety medications are an important part of a successful treatment plan, they are not the only thing that needs to be done. Therapy is extremely important as well. The medications help the patient get through day-to-day life, while the therapy aims to combat the problem from it's roots. In all cases, patients on a combination of bipolar anti-anxiety medications and regular therapy were far more likely to successfully combat their condition.

Self Help Techniques for Panic Attack.

Summary: Self care and other self help techniques are a very effective way of managing panic attacks and disorders without medication.

Panic attacks and chronic anxiety need not last a lifetime. General Panic Attacks, characterized by uncontrollable worry and physical tension, is very treatable. Cognitive-behavioral therapy helps people with GPA stop underrating their coping abilities and exaggerating the risk of things coming out badly and helps ease their need for certainty that they will come out right. The result - RELIEF!

Panic attack is to a great extent treatable and in most cases manageable. Most people can recover through cognitive behavioral therapy, self-help, medication, or a combination of treatments. Learning how to relax may help you head off a panic attack. You can learn to relax through a variety of techniques, such as meditation, muscle relaxation, relaxed breathing and guided imagery (visualization).

Relaxation is more than getting away from the work-a-day grind, and it's more than the absence of stress. It's a specific, intentional action that's positive and satisfying - a feeling in which you experience peace of mind. True relaxation requires becoming sensitive to your basic needs for peace, self-awareness and thoughtful reflection and having the willingness to meet these needs.

Relaxation techniques can help lessen the discomfort and duration of the signs and symptoms of stress, such as headaches, anxiety, high blood pressure, trouble falling asleep, hyperventilation, and clenching or grinding your teeth. One simple method is to remove yourself from a stressful situation, block the world out and concentrate on your body. These steps can help you relax:

- * Sit or lie in a comfortable position and close your eyes. Allow your jaw to drop and your eyelids to be relaxed and heavy, but not tightly closed.
- * Mentally scan your body. Start with your toes and work slowly up through your legs, buttocks, torso, arms, hands, fingers, neck and head. Focus on each part individually. Where you feel tension, imagine it melting away.

Anxiety Busting Secrets - Your Ultimate Resource!

* Tighten the muscles in one area of your body. Hold the muscles for a count of five or more before relaxing and moving on to the next area. This is a good method for releasing tension. Tighten the muscles of your face, shoulders, arms, legs and buttocks.

* Allow thoughts to flow through your mind, but don't focus on any of them. Many people find using autosuggestion to be a great help. Suggest to yourself that you're relaxed and calm, that your hands are heavy and warm (or cool if you're hot), that your heart is beating calmly, and that you feel perfectly at peace.

* Breathe slowly, regularly and deeply during the procedure. Once you're relaxed, imagine you're in a favorite place or in a spot of great beauty and stillness. After five or 10 minutes, rouse yourself from the state gradually.

* Counting 1-100 for panic attack self help.

* Self affirmations and positive mantras.

To maximize the benefits of these attack-reduction techniques, be sure to also get adequate sleep, eliminate caffeine and other stimulants from your diet, and engage in regular exercise. About 30 minutes of moderately intense physical activity most days of the week can improve your psychological well-being by keeping Panic attacks at bay.

Anxiety Disorders, Panic Disorders, and the Synergy Between Them

Summary: Having an anxiety disorder or panic disorders by themselves can be bad enough, but having both can be overwhelming. How do these two disorders work together?

Anxiety disorders and panic disorders can cause some truly awful feelings and symptoms. The symptoms of a panic attack can be extremely uncomfortable, such as dizziness, heavy sweating, hard breathing, and uncontrollable shaking. A panic attack is an exaggerated version of the human fight-or-flight response to danger. When you have a panic disorder, you may experience all these symptoms even though there is no actual danger to trigger it. An anxiety attack, on the other hand, has symptoms that often mirror those of a heart attack, including chest discomfort, tingling or numbness in the extremities, and an impending sense of doom. It is unfortunately all too easy for a panic attack to trigger an anxiety attack, or vice versa.

What Are Anxiety Disorders?

An anxiety disorder is present any time some form of anxiety interferes with your daily life. For example, you may be too nervous to go to the store one day, but be fine the next. People with anxiety disorders may develop various phobias, like claustrophobia. But in almost all cases, anxiety disorders are linked to specific fears of activities, situations, or events.

What About Panic Disorders?

In addition to the often differing symptoms when compared to anxiety disorders, panic disorders are usually diagnosed when these symptoms suddenly start and stop with no discernible trigger. This is extremely disheartening to the sufferer, since they cannot seem to control the onset of these symptoms, or avoid any noticeable triggers.

Anxiety and Panic Disorders Together

It is not uncommon for panic disorders to lead to the development of anxiety disorders, due to the constant stress and fear of having a panic attack. Often the panic attack will start being a trigger for an anxiety attack, and soon progresses to the point that the worry over having another panic attack is in itself triggering another anxiety attack.

Living With Anxiety and Panic Disorders

It can be extremely difficult to live a normal life if you suffer from either or both of these conditions. Even things like commuting to work become hazardous, as a sudden panic attack can make it difficult or impossible to drive safely. A sudden panic attack in the office can be both embarrassing and interfere with your work.

The biggest thing to keep in mind is that even though the symptoms of anxiety and panic disorders can be frightening, they don't actually cause physical harm. Think calming thoughts, and avoid dwelling on the symptoms. If you suspect you have an panic or anxiety disorder, you should visit your doctor. There may be medication that, in conjunction with therapy, can greatly ease or eliminate your anxiety disorder or panic disorder. Take up meditation, and try to eliminate as much stress from your life as you can. If you are working too hard, take time off regularly to relax and reflect. These are just a few of the things you can do to help reduce the effects of an anxiety or panic disorder.

Discounted Anxiety Medications - Don't Spend Way Too Much For the Name Brands

Summary: With anxiety disorders already numbering over 40 million cases per year in the United States alone, more and more people are buying anxiety medications. Don't spend big money on that expensive name brand before you read this!

For those of you not familiar with how the prescription drug manufacturing industry works, here is a quick and dirty overview:

Scientists working at prescription drug manufacturing companies perform research, experiments, and many trials to find useful substances and compounds. For every product that performs a beneficial and useful effect without too many side effects, there are thousands more formulae that failed. This means that the costs of developing a new prescription drug are absolutely staggering, running into the billions of dollars in some cases.

This means that the prescription drug companies must sell the new medication for extremely large profit margins over manufacturing costs to try and recoup the initial research investment. But consumers who need these medications, often for the rest of their lives, can't be made to pay these extremely high prices for the rest of their lives. Because of this unique situation, the federal government decided to try and reach a fair compromise that both the consumers and the drug manufacturing companies can live with.

Basically, after a certain amount of time, a drug becomes available for other manufacturers to produce using the formula originally developed, but the original company retains control over the brand name. Since a pill often costs only pennies to make, these "generic" manufacturers are able to sell the product for well under the brand name medication, and maintain a healthy profit margin since they didn't have to pay for the original research and development.

What this means for you, the consumer, is that you can often find discounted anxiety medications. These generic versions are usually sold by the active ingredient's scientific name; for example, the drug Paxil can be found in generic versions as Pyroxetene Hydrochloride.

But the old adage "you get what you pay for" can hold true to some extent even in the medical market.

Generic Anxiety Medication Precautions

Most major drugs for anxiety treatment now have a discounted generic version. While this is very good for your wallet, there are a few caveats to generic drugs that you should be aware of.

The manufacturing quality can vary widely between different generic discounted anxiety medications. While for the most part, they are subject to stringent quality control, there have been a few cases already where contaminants got into the manufacturing line and wound up in the pills. Some of the chemicals used in prescription drug manufacturing can be extremely hazardous, so use caution and report any side effects to your doctor immediately.

Before purchasing any generic discounted anxiety medication, talk with your doctor. Even otherwise fine generic anxiety medications can sometimes be slightly different than their brand name counterparts. The active ingredient will be the same, but the rest of the ingredients may not. These small variations can lead to one particular brand being more effective than another.

Using Natural Remedies for Panic Attacks - A Homeopathic Approach

Summary: Using various natural remedies for panic attacks is increasing in popularity, and can be just as effective as prescription medications.

While you may not believe it, using natural remedies for panic attacks can be just as effective as a prescription medication. These natural remedies are often better for you as well, with fewer or no side effects. Contrast this with prescription anxiety medications, which can cause all sorts of unpleasant side effects; some of the side effects commonly experienced are: heart palpitations, racing heart, dry mouth, sexual problems, constipation, and drowsiness. These are just the more common side effects. Also, in some individuals, these prescriptions can have the opposite effect they are supposed to, increasing anxiety instead of decreasing it.

using natural remedies can avoid these unpleasant side effects. It is entirely possible to feel calmer and have fewer panic attacks using these natural remedies. Unlike prescription medications, however, natural remedies are usually not approved by the FDA for the treatment of any condition. Just be aware of your own reactions to a natural remedy and stop using it if you experience any side effects that bother you.

A few of the natural remedies available for panic attacks are lemon balm, lavender, and passiflora. These herbs are said to be highly effective in the treatment of panic attacks and for general stress and anxiety relief. Most often these are available in products with other ingredients that enhance their relaxing effect. There is a particular brand of herbal mixture called Pure Calm. This product contains all three of the above ingredients, and is very effective at relieving stress and anxiety, reducing the number of panic attacks you experience.

Another name brand herbal remedy is called Panicyl. This product contains ginseng, ashwaganda, Rhodiola Rosea, and a mixture of various amino acids that work together to relax and enhance your mood by balancing neurotransmitter levels in your brain. This acts to reduce your anxiety and help with depression, which reduces the frequency and severity of your panic attacks.

Anxiety Busting Secrets - Your Ultimate Resource!

Another herbal remedy that is well known is St. John's Wort. This herb is usually taken in capsule form to provide many of the same benefits as Panicyl, and has been proven to significantly reduce the frequency of panic attacks if taken regularly.

Some of these products should not be taken with certain prescription medications, as they may produce an adverse reaction or interfere with the effectiveness of the medication.. Always talk with your doctor before starting on any homeopathic treatment plans.

When taken regularly, natural remedies for panic attacks have been shown to be as effective in some cases as prescription medications, but with a far lower occurrence of side effects. They are all available over-the-counter, and are usually reasonably priced. You can start taking them immediately. But if you are on other medication, always talk to your doctor before taking any of these natural remedies for panic attacks.

Anxiety and Depression - Dealing With Life

Summary: Depression and anxiety are serious conditions. Dealing with one of them can be difficult at best. But all too often, these two mental illnesses are both present. Fortunately, with proper treatment, both can be overcome.

Anxiety and Depression - Recognizing the Signs

Understanding the symptoms and signs of both depression and anxiety is a vital first step in treating these mental conditions. Treatment of depression and anxiety is not possible until the problem is recognized, and considering the impact either condition can have on a person's life, seeing that there is a problem is absolutely vital.

The Signs of Anxiety

Anxiety can manifest itself in many different ways. From a general feeling of anxiety, to phobias about specific things, the anxiety trigger can vary widely. But the symptoms tend to be similar across all cases, and can include:

Feelings very similar to a heart attack. Palpitations, racing heartbeat, chest pains, and trouble breathing are all possible. The symptoms of an anxiety attack can be remarkably like that of having a heart attack.

Cold sweats

Difficulties sleeping

Sudden feelings of doom, fear, or impending death

Stomach and bowel problems

In particularly severe cases, the sufferer may experience what is called a panic attack. This is an incredibly scary experience for the person having from it, especially if the person lives alone. This leads to the sufferer going to incredible lengths to avoid anything they think may trigger a panic attack. Almost anything can be a trigger, including the fear of having another panic attack! But in the end, it all generally leads to the same end result - isolation. Isolation from people, from experiences, and the outside world. This sense of isolation and fear tends to lead to - you guessed it - depression.

The Signs of Depression

While everyone feels "down" or "blue" every now and then, true depression is orders of magnitude worse. Nothing seems right, nothing gives any hope to the sufferer. Depression can lead to suicide, homicide, drug abuse, and other anti-social behavior. Knowing the signs of depression are is very important, especially in the presence of other mental conditions like anxiety. Some of the more common symptoms of depression are:

Loss of interest in hobbies, recreational activities, and other activities that used to give enjoyment.

Feelings of sadness that last for more than a week or two

Hopelessness and guilt without reason

Suicidal thoughts or actions, a desire to die

Changing eating habits, either increased or decreased

A desire for isolation, solitude, or just to be "left alone" by people formerly important to the sufferer

Anxiety and Depression Treatment

Anxiety and depression both are very real and serious mental illnesses. Fortunately, anxiety and depression should be able to be effectively treated - but only if the symptoms and signs are both recognized and acted on. Counseling, medication, and psychotherapy can all help the sufferer get out of the vicious synergy between anxiety and depression and get their life back on track. Attempting to work through it by yourself, especially if suffering from the duo of depression and anxiety, is not recommended. Being alone and isolated with these illnesses is half the problem!

Anxiety Attack Symptoms - How To Deal With Your Anxiety

Summary: Anxiety attacks effect thousands of people every year. Here some of the more common anxiety attack symptoms and what you can do to handle them.

Every year, hundreds of people go to the emergency room with symptoms greatly resembling life-threatening problems. Thousands more experience the same symptoms but don't go to the ER. The things these people have in common are anxiety attack symptoms.

Recognizing Anxiety Attack Symptoms

The issue with recognizing anxiety attack symptoms is that they can closely mirror other much more serious problems. Anxiety attack symptoms often manifest as almost exactly the same symptoms as a heart attack. Obviously, this creates serious problems when the sufferer is trying to figure out which it is. For this reason, anyone experiencing the symptoms of a heart attack for the first time should seek immediate medical attention. A doctor will be able to quickly determine whether it is a heart attack or just anxiety attack symptoms. The danger lies in assuming it is an anxiety attack symptom if it is actually a heart attack. Seek medical attention unless you have a history of anxiety attacks and are SURE that that is all it is.

Life After Anxiety - Treatment Options

If you have been diagnosed with anxiety attack symptoms, there are some things you can do to help get through them. Often the best approach is to prevent the onset of anxiety attack symptoms in the first place. Since anxiety attack symptoms are brought on by anxiety, any exercise or activity that calms you can be used to stave off an anxiety attack.

Deep, regular breathing and/or meditation can be highly effective for some people in regaining composure, calm, and preventing the onset of anxiety attack symptoms. Losing yourself in a favorite activity can work in much the same way.

If you can, seeing a therapist can be very beneficial. In some cases, they can help you face your fears and phobias that are triggering your anxiety attack symptoms and overcome them.

Remember, this kind of therapy can be very stressful and should only be performed with close supervision under a trained and licensed therapist.

Hypnosis can be effective in some people in reducing the frequency of anxiety attack symptoms, and in some cases curing them entirely.

In addition to the treatment options described above, there are medical methods available, and are often the first treatment option. Using prescription medications in combination with therapy can be highly effective, especially in severe cases.

No matter what course of treatment you decide to try, get out there and do it! Left unchecked, anxiety attack symptoms often lead to withdrawal from the outside world in an attempt to avoid any triggers that might bring one on. This can easily lead to complete isolation and depression to be dealt with in addition to the anxiety attack symptoms. Getting yourself help is the first and most important step to getting your life back.

Child Anxiety Attacks - The Unreported truth

Summary: Children all over the world are suffering from child anxiety attacks. This condition usually goes unreported, and may be much more prevalent than doctors realize.

Anxiety disorders can effect people of all walks of life, ethnic backgrounds, and age groups. Child anxiety attacks are not only possible, they are probably happening more than doctors realize. This condition seems to especially effect teenagers and can persist into young adulthood.

Symptoms of a Child Anxiety Attack

The symptoms of a child anxiety attack are generally the same as an adult having an anxiety attack would feel. A child anxiety attack may start with a psychological symptom, such as a persistent and strong feeling of dread or fear. This is then followed by physical symptoms, the same as an adult would experience: racing heart, chest discomfort, numbness or tingling in the extremities, et cetera. Also common among child anxiety sufferers are diarrhea, stomach pain, headaches, nausea, and shortness of breath.

Effects of Child Anxiety Attacks

Even though anxiety attacks generally don't cause any direct physical damage, the effects on a child's psyche can be very noticeable. Children suffering from child anxiety attacks often have trouble concentrating in school, and may show an overall lower ability to learn or make decisions. Often child anxiety attacks can be triggered by social situations, so the child may attempt to isolate themselves to try and avoid triggering a child anxiety attack.

There are many different kinds of child anxiety disorders: Obsessive Compulsive Disorder (OCD), acute stress disorder, social or general phobias, Generalized Anxiety Disorder, and adjustment disorders with anxiety, to name just a few. Many of these involve child anxiety disorders that focus on specific situations, people, objects, et cetera.

Helping Your Child

If your child is experiencing anything that you suspect may be child anxiety attacks, you should take them to see a doctor. He will be able to diagnose whether there is anything physically wrong, and if not, will be able to recommend some treatments that can help.

Generally, child anxiety is treated the same way as adult anxiety: with medication and therapy. Your doctor will be able to prescribe medications that will help control your child's anxiety attacks. The therapy will help them to overcome the fears that are at the root of the child anxiety attacks.

At home, try and keep your child's life as stress-free as possible. Don't be overbearing or put too much pressure on them to be perfect. Don't argue with your husband or wife where they can hear you. Stress from a bad home life can really take its toll on a child's mind. Rather, make sure they feel loved and secure, and that they know they will always be loved even if they don't get that "A". You'll find that reducing the stress your child feels can help their recovery quite a bit.

Anxiety Medication - Be Careful, and Easy Does It

Summary: Anxiety medications can be an absolute lifesaver for many people suffering from anxiety disorders. But as with any prescription drug, there are some things to take into account before taking anxiety medications.

With more and more people every year suffering from some form of anxiety disorder, getting a prescription for one of the many anxiety medications that are out there can mean the all the difference for many of them. But regardless of the specific medications used, there are some things you should take into account both before and during treatment.

Talk to Your Doctor

The first step is to go and talk to your doctor. He will likely have many questions to ask you as part of his diagnostic procedure. If he does diagnose you with an anxiety disorder, there are some things you should discuss before the prescription is written. If improperly prescribed or used, anxiety medications can be dangerous. Some things you should be sure and talk to your doctor about include:

Full medical history: Your doctor should have a copy of your full medical history. If not, be sure and discuss anything that you have been diagnosed with or prescribed already. Your family medical history and any medical conditions you have should also be brought up; certain anxiety medications can be dangerous to people with, say, a heart condition or predisposition towards one.

Any medications you are currently on: Provide a full list of everything you are taking to your doctor. Some anxiety medications can produce an adverse reaction in combination with other medications.

Addiction issues: Be sure and tell your doctor if you have had trouble with addictions in the past. While this will not preclude you from taking anxiety medications, it lets your doctor know that the course of treatment should be more closely monitored for signs of dependency.

Things To Keep In Mind During Treatment

Anxiety medications are fantastic for alleviating the symptoms of your anxiety disorder. But for the medication to have the most effect, there are some things to keep in mind.

Take medication as prescribed: This is extremely important. Some anxiety medications are cyclic drugs, which means they take time to start working. Do not stop taking the medication because it doesn't appear to be working, and don't take more than prescribed in an attempt to cause an effect. Follow the dosage amounts carefully, and pay attention to any special instructions, such as "only with food" or "2 hours before eating".

Report any side effects: If you experience any side effects, tell your doctor immediately. Some anxiety medications can cause serious side effects in some people. In some cases, emergency medical treatment may be required (such as a previously unknown allergic reaction).

Discuss any new medications: Make sure that the prescribing doctor knows about any new medications that you are using. This includes herbal supplements and over-the-counter medications. It is better to be safe than sorry when mixing medicines.

When properly used, anxiety medications can provide the help a person needs to get through their anxiety disorder and on the road to recovery. But improperly using or abusing your anxiety medication can cause serious problems, and may worsen your condition in the long run. So follow directions, and keep in touch with your doctor.

Knowledge Seeking and Researching on Panic Disorders

Should a person be interested on papers regarding panic disorders, there is plenty out there and plenty to read. Should a person want to write about it, there are many ways to do the research.

One of the best places to start is the Anxiety Disorders Association of America. People can contact the employees by writing, calling or going through the Internet. ADAA is a nonprofit organization set on getting awareness out about the different anxieties people can face. It also keeps up with the medical studies, will report on new research and publishes a newsletter. Two other organizations also maintain websites. These are: Anxiety Network International and Obsessive Compulsive Foundation.

Should a person need to write a paper on panic issues, there are several different topics within this broad category.

- * How to recognize the start of the panic attack
- * How to arrest a panic attack
- * How to recognize thinking that leads to panic attacks
- * How to differentiate between anxiety and panic attacks
- * How to take control of your life

Should someone need to write a paper about panic disorders, start by gathering research on the Internet and getting other research materials. To really do a good job, a person should really understand what they are writing about. To start off... understand the meanings behind stress, depression, relaxation, worry and phobias. Phobias and disorders can lead to huge misunderstandings if someone does not know the difference.

Any paper about panic disorders will tell the person what happens when a panic attack happens to the sufferers with anxiety and have full blown panic disorder.

What is typically misunderstood is that panic disorders and anxiety attacks are not the same. Anxiety attacks are when a person is overly worried about something that can be described.

This worry begins to cause a physical reaction. Yet, when it becomes so intense that the person ignores it, then it turns into a phobia.

Example: Hood flies up at you - You are driving down the highway, driving sixty miles per hour and all of a sudden the hood flies up. You pull over calmly then break down into tears. Afterwards, it is hard for you to drive on the road at anything higher than forty miles per hour. This turns into a phobia.

As the person reads further on into the paper on panic disorders, they will find that the anxiety turns into a disorder even when physical symptoms are not attributed to anything in particular. It then says there is nothing to avoid because the situation is not defined. The anxiety here is not a phobia.

This is one area of study with anxiety and panic disorders that is available to research on. It is imperative to understand the definitions to deal with the personal problems in the right manner so you can understand what you are reading.

One note: Depending on the kinds of attacks experienced, medications versus relaxation techniques can be used.

Distinguishing Social Anxiety Disorder from other diseases

Anxiety Disorder has been classes within it. The one that many people suffer from is social anxiety. Its symptoms are so strong that some people will use defense mechanisms such as complete avoidance of triggers to keep people away from them.

For those around sufferers with social anxiety, they need to watch out for those symptoms that can make the person completely isolated. For the friend or family member of the person suffering, convincing them to seek help is imperative. Getting control of said disease can lead these people to lead a much healthier life.

Since social anxiety is one of several scenarios that have symptoms that mimic several other diseases, a physician should determine what is the root of the problem. Only getting an official diagnosis can determine if a person does have social anxiety. This means even if a person has a fear of speaking in front of people among other things, they should still be checked out.

Five symptoms of Social Anxiety

There are five symptoms behind this illness. Most of them are quite common for sufferers. They are:

* **Dizziness** - This can present itself in the center of anxiety producing social interaction. It can also happen right before someone does something that requires talking in front of people. Dizziness can also be a result to other conditions so it is best to get a physician's opinion.

* **Heart palpitations** - Heartbeat begin to pick up and race with chest pains as well as general discomfort. Heart palpitations is also a sign of a heart attack. A person should be seen by a doctor in case of worsening symptoms.

* **Nausea, complaints of stomach ache** - This is an ailment seen in many illnesses as well as social anxiety.

* **Sweating, blushing and trembling** - Outward signs of social anxiety disorder especially if it is seen while the person is speaking or in otherwise uncomfortable situations.

* **Other symptoms** - Some symptoms that have been reported are: concentration loss, sleep or enjoy life. Some people actually experience headaches, tightening throat, dry mouth, chills and malaise.

Social Anxiety Presentation -

This disease presents itself as a total fear of a certain social situations. It can impact inside as well as outside the home life. In many severe cases, people will withdraw themselves from situations that make them uncomfortable and trigger fear feelings.

A doctor should see the sufferer to rule out in other causes behind the symptoms. Should it be social anxiety, then the person who is suffering has a good chance of getting the help they need to be "cured".

With a combination of drugs and therapy and either or, the person can regain control over their life and face social stimulations with little or no fear. Being a bit fearful of public speaking or meeting new people is normal; yet when the fear takes over, there is something more going on inside the person.

What is Socio-Phobia?

Summary: It's a well known fact that Social Phobia Disorder, also known as socio-anxiety is a well known malady that afflict millions of people worldwide. But what is it?

Social phobia, also called social anxiety disorder, involves overwhelming phobia and excessive self-consciousness in everyday social situations. People with social phobia have a persistent, intense, and chronic fear of being watched and judged by others and being embarrassed or humiliated by their own actions. Their fear may be so severe that it interferes with work or school, and other ordinary activities. While many people with social phobia recognize that their fear of being around people may be excessive or unreasonable, they are unable to overcome it. They often worry for days or weeks in advance of a dreaded situation.

Social phobia can be limited to only one type of situation-such as a fear of speaking in formal or informal situations, or eating, drinking, or writing in front of others-or, in its most severe form, may be so broad that a person experiences symptoms almost anytime they are around other people.

Social phobia can be very debilitating-it may even keep people from going to work or school on some days. Many people with this illness have a hard time making and keeping friends. Physical symptoms often accompany the intense phobia of social phobia and include blushing, profuse sweating, trembling, nausea, and difficulty talking. If you suffer from social phobia, you may be painfully embarrassed by these symptoms and feel as though all eyes are focused on you. You may be afraid of being with people other than your family. People with social phobia are aware that their feelings are irrational. Even if they manage to confront what they fear, they usually feel very anxious beforehand and are intensely uncomfortable throughout. Afterward, the unpleasant feelings may linger, as they worry about how they may have been judged or what others may have thought or observed about them.

Social phobia affects about 5.3 million adult Americans. Women and men are equally likely to develop social phobia. The disorder usually begins in childhood or early adolescence, and there is some evidence that genetic factors are involved. Social phobia often co-occurs with other phobia disorders or depression. Substance abuse or dependence may develop in individuals

who attempt to "self-medicate" their social phobia by drinking or using drugs. Social phobia can be treated successfully with carefully targeted psychotherapy or medications.

Social phobia can severely disrupt normal life, interfering with school, work, or social relationships. The dread of a feared event can begin weeks in advance and be quite debilitating. Social anxiety disorder may be associated with other psychiatric disorders, such as panic disorder, obsessive compulsive disorder, post-traumatic stress disorder and depression. It's therefore, very important to treat social phobia.

Social Anxiety is Not Just an Adult Disease

Children who have social anxiety disorder typically have parents who chose not to acknowledge the problem. Many parents would rather ignore the issue than face it head up. Whether it is a stigma for the child who has it or whether it is a stigma for the parents, they decide that the problem will go away on its own. In actuality, the problem is bound to get worse.

It is being found that many more children are being diagnosed with this disorder and most being distinguished before their 10th birthday.

For children, symptoms are not totally specific and cannot be seen as well. In fact, children who have this disorder, they will be showing various signs that are seen with social anxiety disorder. Should you be concerned, there are several signs that need to be watched out for.

Signs That Parents Should Look For -

- * Throwing tantrums
- * Often crying
- * Poor eye content
- * Speaks softly or seldom talks
- * Avoids going to school
- * Wanting to be alone
- * Anxiety attacks

With so many different ones, parents and children alike really need to keep a watchful eye out for those symptoms.

Once it has been diagnosed, parents can do many things that can help their child out. In many cases, parents will seek professional help in treatment options, choosing what is best for their child. However, there is a small catch. For children, there is no specific treatment plans that can be recommended by the physician. Depending on the type of social anxiety disorder the child is inflicted with and how the parents want to treat it, depends on how the child will get "well".

Anxiety Busting Secrets - Your Ultimate Resource!

In the beginning, parents will ask a professional's help for the child's treatment. The first approach is to try many different treatments without medication. Oddly enough, using simple socialization tactics can often times help the child more than if they were treated with medicine.

One tactic could be to place their child in a room full of people so they can be used to being in huge groups with a large stack of different activities. This is one way to get them kids to start socializing. If you put the child in a socialization structured situation with various activities, then it is the best shot to cure the social anxiety disorder without medicine.

However, if the parent has done everything possible without medication, it is time to talk to a professional and get their second opinion. In many cases of natural remedy failures, medication is recommended. Yet, this is not always the best case for the parents, the school and most of all, the student.

It does not matter how the family and child handles this disorder as long as the parents and child recognize there is a problem. Most of all, parents need to remember that there is always a reason for everything and that everything you do for your children is in there best interest so long as you are not in denial.

Panic Attacks - Symptoms behind the Attack

When someone suffers a panic attack, they may not realize they are suffering from it. Many people react with different emotions from anxiety related situations. Many of these same people do not understand the symptoms behind this disorder. For each person, there several ways a panic attack manifests itself.

Psychological and physical symptoms are typical experiences behind the disorder. How a person shows their symptoms can vary from some to all.

Panic attacks begin from the psychological symptoms. When the person goes into the anxiety state, they start to think and feel certain ways. They start off by worrying; have fears, dread and overall anxiety about a certain situations.

Sometimes, they feel as if they will die due to a fear of the situation. Sometimes, the panic attack can paralyze someone from thinking, pausing them in their steps. The fear is so strong it overwhelms the person into reacting into a physical state beyond the psychological state.

Part of the reason people begin feeling the physical symptoms and signs is that the panic attacks go throughout the body which want it to either fight or flight. If a person is faced with a panic induced situation, the body wants to fight to overcome it or flee from the bad place. This is the part that is psychological. From the symptoms of panic attacks make it anxiety worse, possibly even bigger than it should be.

Example: Think of yourself in a major car accident. You are seriously injured and have to recover in a hospital and take time off of work to heal. Yet, you heal and get better. But...you are afraid to be in a car or perhaps behind the wheel. Afraid the accident may occur once again. You see the accident occurring time and again and it makes you feel out of control. This is a panic attack.

Panic Attack Signs and Symptoms -

- * Heart beats faster
- * Heart palpitations

Anxiety Busting Secrets - Your Ultimate Resource!

- * Tightening in the chest that feels like a heart attack.(This is normal of a terrifying situation.)
- * Stomach upset
- * Diarrhea
- * Headache
- * Nausea

Neurological Symptoms of Panic Attacks - this can make you feel like you are having a seizure.

- * Twitches
- * Jitters
- * Other movements that are involuntary

The body goes through internal temperature shifts, causing chills or hot flashes.

Nearly everyone experiences at least one of these symptoms of panic attacks. Peak times are between ten minutes and can last up to thirty minutes.

Should a person circumvent and control the psychological symptoms, then you can stave off the physical ones. However, if it seems this not possible, then seeking medical help is necessary so the attacks do not get worse and interrupt the person's life completely. By learning coping techniques and working with the doctor, it is possible to eliminate the attacks and live life again.

Anxiety - You Are Not Alone

Summary: While one of the many effects of anxiety disorders is a sense of isolation from others, you are not alone! Many more people suffer from anxiety than you may realize.

Nearly everyone has experienced or will experience some kind of anxiety in their lives. It is completely normal to worry over your family when someone is sick, or that next bill when you are short on money. Final exams, that big entrance test, dream job interview tomorrow: all these things are a normal source of anxiety. But millions of people around the world experience this anxiety every single day - even when there is nothing going on to really worry about.

The latest figures released by the Anxiety Disorders Association of America say that there are an estimated 40 million people in America that suffer from some form of anxiety. With an estimated annual cost of \$42 billion, anxiety accounts for almost one-third of the total annual mental health expenditures in this country. There are many specific illnesses that fall under the broad "anxiety disorder" category, such as panic disorders, generalized anxiety disorder, post traumatic stress syndrome, and many others. The exact treatments for these disorders varies widely depending on the disorder itself and the circumstances surrounding it.

What Causes Anxiety Disorders?

Even with millions of cases a year to examine, we still don't understand what exactly causes anxiety disorders. While we have narrowed down the potential causes for generalized anxiety disorder (one of the most common anxiety disorders), scientists and physicians still don't know the exact reason it manifests in some people but not others. The most commonly held belief among researchers is that it is caused by a combination of genetics, brain chemistry, and environmental issues, such as chronic work-related stress, or sudden extreme stress such as the death of a family member. Withdrawal from drugs can also trigger anxiety disorders. If the cause in a specific case can be isolated, treatment can be more focused and effective.

Dealing With Anxiety Disorders

Living with an anxiety disorder is not easy. The symptoms can get so bad that people completely isolate themselves in their home, only leaving when absolutely forced to do so. This is a defense response, an attempt to avoid anything that triggers an anxiety or panic attack.

Treatment usually consists of medication and therapy to work through the issues causing the anxiety order. Persistence is also required, as it can take years to be completely cured. Many people suffering from anxiety find that self-relaxation techniques, such as meditation or yoga, can be very helpful in dealing with the stress, and can be used to stop an impending panic or anxiety attack.

With 40 million people and rising suffering from anxiety every day, knowing the causes and what can be done to treat it is extremely important. But with patience and treatment, it is possible to cure this illness.

Anxiety Medication - Why doctors do not like to use them.

Before an anxiety patient even walks through a therapist's office door, the therapist has a list of anti anxiety medications ready to help the patient out.

Even though there is a number of medications a person can be prescribed, it is recommended that this not be the only form of treatment the patient gets.

Why should this not be the only form? Most anxiety prescription drugs are habit forming and also very addictive causing more problems for the person later on.

Three classifications of Anti Anxiety Medications -

- Selective Serotonin Reuptake Inhibitors or SSRIs. This type of medication affects a chemical in the brain, which is thought to be associated with anxiety.

- * Medications associated with SSRIs - Prozac, Zoloft, Lexapro and Sertraline

- Tricyclic Antidepressants or TCAs - These also impact chemicals in the brain.

- * Medications associated with TCAs - Adapin, Pamelor, Doxepin and Elavil

- Monoamine Oxidase Inhibitors or MAOIs - These type of drugs affects the brain chemistry like SSRIs and TCAs.

- * Medications associated with MAOIs - Marplan, Parnate and Nardil

It is generally recommended that long-term use not be done. The medications can be linked to memory loss and other problems.

Therapy Above Medicating - Highly Recommended

Anti anxiety medications can be helpful in treating anxiety disorder and most of its major symptoms when they do appear. Although, this type of treatment is not always best and not always recommended.

The drugs can be addictive and other longtime use of the medication can be bad, so most times doctors will recommend psychotherapy or any other treatments for patients to use in coping with symptoms that come with anxiety attacks.

Other Anxiety Coping Techniques

Three other alternatives to medication can be used to help in coping with the attack.

- Group or individual therapy

Psychologists and therapists are very adept at teaching people many coping techniques to help with symptoms should they arise. Depending on the disorder depends on what kind of treatment the patient should get.

- Relaxation techniques

Meditation, deep breathing and visualization are also forms of relaxation used to help in coping techniques for anxiety attacks. This can help patients talk themselves out of anxiety situations.

- Facing fears

Some therapy ideas involve having the person face their fears. Yet this is commonly used for phobias.

The list of medications and therapies used is a great starting tool for physicians and therapists in helping their patients overcome anxiety disorders. With medications, it is not the only resource available. With therapy, it is also not the only form of treatment available.

Even Hollywood Stars Can Have Panic Disorders

Summary: Even the glamorous people of Hollywood are no more immune to the depredations of stress. This can manifest as an anxiety or panic disorder.

Often, people will look at Hollywood stars from a distance, and wish that they were so perfect and glamorous. But what people forget is that Hollywood stars are, after all, just people. They are no more immune to the problems that plague people than the rest of us are. And panic disorders are no exception. All sorts of people can have panic disorders. Men, women, children, business executives, and yes, Hollywood stars.

It can be interesting to read about Hollywood stars and their battles with panic disorders. As you can imagine, having a panic disorder such as stage fright can cause serious problems for a person who's career is based around appearing in front of large groups of people. The image any Hollywood star wants to project is that of calm confidence, and having a panic attack that is caught on film can shatter that image. But panic attacks can happen anywhere, anytime. Some Hollywood stars have admitted to having panic attacks:

Onstage, and forgetting lines or lyrics

On an airplane

Some recollect having panic attacks even as a teenager

Panic attacks caused by their status as celebrities

Panic attacks brought on by the constant scrutiny and photographs of paparazzi

In general, panic disorders are not particularly tied to any one event. There are many cases of Hollywood stars that have panic attacks, but never onstage, or not particularly tied to being onstage. Stage fright (the disorder) is a kind of anxiety disorder, not a panic disorder. The defining trait of panic disorders as opposed to anxiety disorders are that panic attacks can happen anywhere, anytime. So, while a Hollywood star may have a panic attack onstage, it's not because they were onstage. It just happened to occur while they were onstage.

It is good that Hollywood stars are willing to share their experiences fighting panic disorders. Their stories and how they deal with their panic disorder can help all people with panic disorders learn to cope. People are usually embarrassed by their panic disorder, and having someone so

very much in the public eye come out and tell their experiences dealing with panic disorders can lessen that feeling.

Ignoring your condition is the worst thing you can do. Seek treatment, and realize it is nothing to be embarrassed about. 40 million Americans each year are treated for anxiety and panic disorders, so you are far from alone. And if a Hollywood star, who depends on their public image more than most, can come out and tell the world that they have a panic disorder, you should be able to as well.

The Causes and Treatments behind Anxiety

It is a big feat to get past the obstacles that stand in your way when you have an anxiety disorder. Yet, many people do get past it and learn to live in the moment and enjoy life. The steps in recovering one's self involving treatment of the disorder. First and foremost though, finding out which type of disorder presents itself and what is the cause behind it.

Anxiety Causes -

The reason behind the disorder can impact a person's treatment immensely. In many anxiety cases, treatment pivots on what reasons were played to set it off in the first place. These are:

Genetics - Should there a family member with a history of the disorder, this will play a big role in determining the right kind of treatment that should be taken.

Brain chemistry - Chemistry levels in the brain can be off and affix to the problem. This is a factor that can be somewhat reduced by using medications to bring those imbalances back into focus.

Outward stimulus - Sometimes real-life experiences such as trauma can play a big role in anxiety. (This is especially true when someone suffers a car accident and is afraid to either get behind the wheel or is afraid another accident such as the previous one will occur.)

Anxiety Treatment Potential -

After realizing what causes the disorder, it is time to find some relief and perhaps even a cure. Treatments can include one relief outlet or a mixture of relief outlets. Example:

Medications - Zoloft is widely used in anxiety disorder. It does not cure the problem but can get rid of many of the symptoms. Once the medication kicks in, the person is able to explore other options besides medicine therapy. Sometimes these options can let the person stop taking the medicine altogether.

Therapy - A good therapy to use is psychological therapy. When outward caused anxiety takes place, this is usually the best form of treatment. Should the initial problem be weeded out, a "cure" is possible. With those who experience a chemical imbalance or perhaps genetic cause, therapy is still a good treatment option. Anxiety sufferers can develop tools needed to grasp balance when something does happen.

Alternative therapy - This can be anything from herbal remedies to meditation. These have also proven themselves in many cases so long as the initial cause was not severe. This treatment type relies on the patient and the treatment used.

Anxiety can make people lose control. For those who seek to gain that control back, treatment options are available. It is necessary for those who suffer from anxiety disorder, seek help.

Math Anxiety - It Is Possible to Cope

Summary: Math anxiety afflicts many students every year. The fear of failure or ridicule leads to many students developing a form of child anxiety that focuses on mathematics.

The modern high school student has to deal with many form of pressure. There is pressure from home and society to do well at school, while peer pressure encourages the pursuit of "coolness". There are the stresses that come with getting into college, with all the entrance exams and competition for limited scholarships to pay for it all. So it is no wonder that child anxiety disorders are fairly commonplace.

One form that child anxiety can take is math anxiety disorder. While nearly everyone has some difficulty with math, especially higher mathematics, math anxiety disorder is characterized by a child who is perfectly capable of solving the problems who simply freezes up and panics on tests. Math anxiety is fairly common, and can be overcome without too much difficulty as long as it is not symptomatic of some greater underlying anxiety disorder.

Part of the problem is that unlike most other disciplines, a math answer is either correct or incorrect. There is rarely more than one way to solve a problem, and just a rarely more than one correct answer. There just aren't very many areas where there are a range of correct answers. The precision required can intimidate and be difficult for even otherwise exceptional students. If your child has math anxiety, there are things that both you as parents and your child can do to help.

Get help early: If you are experiencing math anxiety, the best thing you can do is seek out help. Tell your parents and your teachers. Sometimes, with a little additional tutoring, you can overcome your anxiety before it becomes an issue during a test.

Take practice tests: If you are having difficulties at test time, have your teacher give you practice tests. Knowing ahead of time that you are capable of passing the test can go a long ways towards relieving your math anxiety.

Anxiety Busting Secrets - Your Ultimate Resource!

Avoid cramming: Don't wait until the night before to try and learn the last months worth of math. Not being absolutely sure of yourself and your knowledge of the subject being tested can easily trigger your math anxiety. You must KNOW before you test that you can pass the test.

Meditation and relaxation techniques: Just as with other forms of anxiety, taking the time to meditate or perform other relaxation routines before the test can help a lot. If you don't go into the test jittery and anxious, you are far less likely to have a math anxiety attack. Go in relaxed and confident, and that test will be a breeze.

Some Easy Anxiety Cures

Summary: Dealing with anxiety is a fact of life for hundreds of thousands of people every day. By following some of these simple tips, you can reduce the impact of stress on your day-to-day life.

With all the pressures in everyday life nowadays, it is no wonder that the number of people suffering from anxiety is on the rise. Most anxiety can be traced back to stress in some form as the root cause. So to truly cure your anxiety, eliminating as much stress (and stress hormones) as possible is of paramount importance.

Identify Your Stress Factors

The first thing you should do is identify the factors in your life that are contributing to your anxiety. It is impossible to come up with an anxiety cure if you do not know the root causes in your life. Jot them down as you think of them. Then deal with each one separately.

If, like most of us, you have many different commitments all vying for your limited time, you are probably stressed from the sheer effort needed to juggle work, home, and maybe school as well. Sometimes the best anxiety cures are the simplest. Take a day off! Read a book, watch your favorite TV shows, lounge around. If you can't take a day off, try to listen to your favorite music while working, and take breaks during the day.

If you take the time to relax every now and then, you will be amazed at the difference you will feel, body and mind.

Watch Your Diet

You should also help take care of your body by eating properly. Make sure you eat plenty of green vegetables. Take multivitamins every day. These things can help you on your way to an anxiety cure by allowing your body to better deal with the stress hormone buildup from your everyday pressures and anxiety. Try to avoid lots of greasy or sugary foods, as these can lower your body's ability to deal with stress. But don't stress out over not being able to eat meat or

whatever. Just try and increase your intake of vegetables and take your vitamins, but continue to eat the foods you enjoy. Adding stress over your diet would be counterproductive.

Meditation

Yoga and other meditative practices can be extremely helpful in dealing with stress and finding an anxiety cure. Allow time each day for some time meditating and you will see an improvement in your anxiety.

And most of all, get plenty of rest. Lack of sleep is the single biggest cause of stress and stress hormone buildup. Allow at least 7 hours per night for sleep, and then make sure you actually sleep for 7 hours. If you are suffering from insomnia or have difficulty getting to sleep, there are prescription sleep aids that can help. Talk to your doctor about your sleeping difficulties.

**Download 100+ Books
Completely Free!**

.....

**No Hassles...
No Charges...**

Just Click And Download



CLICK HERE