

How to get rid of Anxiety and panic



TIPS TO OVERCOME PANIC AND ANXIETY:-

- 1-Ensure that each and every day you try to change just a little bit of each to assist you in overcoming anxiety attacks altogether.
- 2-Stay away from caffeine (coffee, energy drinks, etc.), drugs and alcohol.
- 3-Try some form of vigorous aerobic exercise like jogging, riding a bike, etc. This helps to process some of the adrenalin that is released into the blood stream during a panic attack and reduces the physical symptoms associated with it.
- 4-Tell someone you trust about and they can help to treat you when you have them.
- 5-Tell yourself, "I'm so excited! I can and will overcome this anxiety", and you should be fine.
- 6-Wash your face with cool water.
- 7-Go for a ride or walk.
- 8-Eat small amounts of wholesome food at regular intervals to maintain even blood sugar. Avoid simple carbohydrates like sugar, honey, white pasta, etc. as these metabolize very quickly and can contribute to a "roller-coaster" effect on blood sugar levels.

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