



# **How To Get Rid Of Anxiety Attacks**

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[How To Get Rid Of Anxiety Attacks](#)

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## Introduction

Thank you for taking the time towards knowing more about panic and anxiety attacks.

I have developed this report just for you to give you more quality information from the best resources available on the internet.

I believe that the simple truth that you are reading this report indicates to me that you WANT to get better, change or help someone else out there on the internet.

Anxiety and panic disorders are very common and around 30% of Americans alone suffer from these afflictions at one time or another through their lives.

If that is any indication then these disorders have to be the most common worldwide from New York to Sydney to London to Beijing.

Luckily for most people, the majority will not suffer from ongoing attacks. I have been in the minority and have had attack of one kind or another now for over 18 years. It has been a very difficult road to travel looking for something that “worked”.

And what I found was not one single thing that worked.

What I did find was that there are combinations of things that work.

You will find that I follow the natural treatment philosophy and will not take any medication or drugs to help with my problem. I am totally against what the drug companies are doing in the world by dominating and charging high fees.

But you will find that the magic pill does not exist but natural remedies do and very low cost.

## What Are The Symptoms Of Panic and Anxiety Attacks?

You will find that if you show any of the following or even more definite, if you display a combination of these symptoms you may well have anxiety or panic disorders:

- Sweating
- Shortness of Breath
- Racing or pounding heartbeat or palpitations
- Chest pain
- Nausea
- Hyperventilation
- Faintness
- Trembling and/or shaking
- Exhaustion

The symptoms listed above are the more common ones associated with panic attacks.

Other symptoms that you may show are:

- Fear that the panic is a symptom of a serious illness
- Fear of losing control
- Fear of death
- Fear of going crazy
- The apparent slowing down or speeding up of time
- Dream-like sensation

All of these symptoms make panic attacks a extremely nasty disorder to suffer from. I should know, as I said I had been suffering for over 10 years.

Of all the terrible experience that one could possibly have, would have to be that of suffering a panic attack. I would not wish it on my worst enemy.

I have shut myself away for many weeks after worrying about being in public and making a fool of myself.

This was made even worse that I lost my job at the time as I could not drive due to my fear of traffic. It is hard to imagine but very much like the movie "Falling Down" but worse.

This is the reason that I started my website and created this report. In fact it actually serves as a therapy in some respects. It takes my mind off the fear of an attack.

I had a terrible time with the methods I looked at and tried to get rid of my disorder. I subjected myself to medical tests, being prescribed a cocktail of medicines that made me ill and addicted to.

Valium is an evil drug in my experience. You can now see why I prefer natural medicines. In fact it was a visit from a friend who headed me in the direction I have taken for the last 7 years.



## How To Get Rid Of Anxiety Attacks?

My experience, and I reiterate, MY EXPERIENCE, has been that of world of so many amazing people and methods to try and help me. You see not one thing for certain will work for each and every person out there.

We are all so different in our makeup and our reactions This is what led me on to the combination theory. It worked for me and I am sure it will work for the majority of other people out there

So how do we get rid of anxiety attacks. Well the first step is to:

### Acknowledge To Yourself You Have A Problem

Before you can do anything else what you must do is sit down and even better write down on a sheet of paper, that you have a problem. Identify WHAT your problem is. Jot down ideas, notes, feelings, things you are others notice about yourself.

If you don't know what you have how can you even start to help yourself?



The journey begins by learning all about it. Hence the reason you took my offer up on downloading this e-book. Excellent move!

But really, if you find that you are already in a full blown panic attack take these little pointers which could help you:

1. Regardless if you are scared by your thoughts or feelings, and they can scare the crap out of you sometimes, they are never going to kill you or harm you...
2. Do not resist the feelings you have welling up in your body. Do not try and tell them to go away and the reason why is that you need to confront them and be willing to accept them as part of you
3. Your body will display what your mind is thinking and to that end they will be amplified
4. Focus on the positive and do not dwell on what might happen, because invariably that will NEVER happen. Just keep telling yourself that you don't care what happens instead of wondering "What will happen if...?"
5. Keep really focused on what is happening to you and your mind in the present moment.
6. Use the simple count backwards technique that I developed for myself. See if it works for you, if not modify it until it does. Just start at 200 and start counting backwards in units of 2 such as 200,198,196. Try odd numbers to get your mind focused harder on something else.
7. Congratulate yourself every minute you deal with your fear. Mark it as a milestone.



## Move Your Mind Off The Problem

The best trick that I learnt is to harness the power of your mind. It is something that is very fundamental to overcoming many problems and not just physical problems. You need to move your mind to something else when the problem starts to show itself.

When you feel something welling up inside, immediately start to focus on something else, distract yourself. There are many different ways of doing this but the key is to engage your mind in another activity that requires full and total concentration.



Some examples are:

- Watching something on television you are really interested in
- Playing with a yoyo
- Doing a crossword or puzzle
- Playing some music

I personally used this one, you may think it's weird but like I said earlier it worked for me and is MY EXPERIENCE.

I would grab a dictionary look for the biggest word I could find and then see how many other words I could make from it using the letters.

It totally engages the brain and mind in something different.

Admittedly it may not work if you are driving or flying and those are triggers for your anxiety or panic. Your display of finding this e-book is evidence enough that you have the resourcefulness to find things and come up with answers.

I have faith in you.

## Get Physical

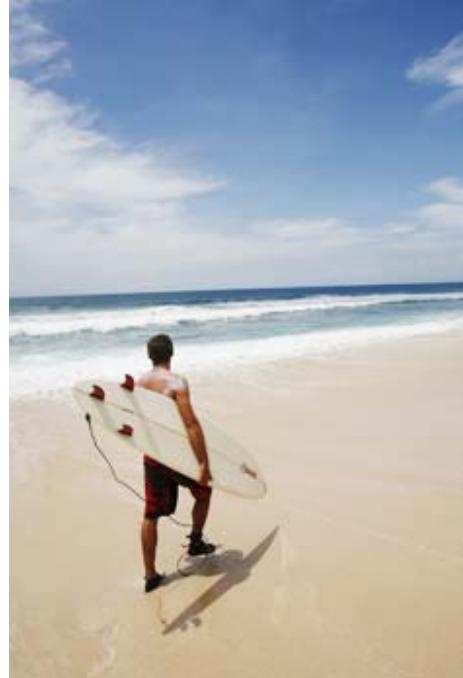
There is nothing that beats physical activity. If you have a healthy lifestyle and are active then it will reduce the stress in your life. The benefits of physical activity are many fold. You increase the volume of blood pumping around your body and to your vital organs, you increase your cardio vascular fitness (your ability to breath and your heart health), you reduce your blood pressure.

All these are essential in combating any anxiety and panic you may suffer. I personally started running. In fact it got to the point where when I started to feel an attack coming on, I would first do my dictionary thing and then when that lost its effect I would put on my running shoes and run.

This takes all the adrenaline out of your system and directs your mind and energy elsewhere. The other side effect of this is the endorphins that are created in your blood stream that make you feel good. Long distance runners have been known to get to highs as experienced by drug users running excessively and intensely. I don't want you to go this extreme, but I hope you get my point.

Once again, worked for me, it may not for you. But then you will never know unless you try it.

Make sure you are in shape to do some activity, if you are not I suggest you get clearance from your doctor.



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