

How to Stop a Panic Attack in 5 Minutes

You NEED to know the Panic Attack self defense techniques I'm about to show you. They're easy to apply during an attack and they work like a charm in ANY Panic Attack situation. Get relief instantly with these tips!

May 26, 2009 - [PRLog](#) -- Panic Attacks, especially for those who are new to them, are EXTREMELY frightening. To put it simply, it can feel like you're going to die. Of course that's not what's really happening to your body, but many first time Panic Attack sufferers will describe the event saying:

"It felt like I was dying..."

You literally feel that you don't have control over your body. Your extremities go numb, your adrenaline is racing, your head spins -- Really there's a whole host of symptoms that you begin to experience.

Let's just quickly go over some of them below. What I'm about to teach you will make a whole lot more sense when you see the symptoms laid out.

The symptoms of a panic attack include...

- Hyperventilation
- Dizziness
- An uncontrollable, rising sense of panic
- Light Headiness
- Heart Palpitations
- Chest Pains
- Dry Mouth
- Clammy Hands
- Numbness of the extremities
- Difficulty Swallowing
- Tremors
- Sweating
- Weakness
- Fatigue
- Urgent need to go to the bathroom

Now what I want to address right away is how closely many of these symptoms correspond to the symptoms of a heart attack. When you're having a panic attack, your chest is POUNDING. It feels like it's just going to pop out of your sternum.

So immediately, for most panic attack sufferers, they assume they're having some kind of heart attack and that leads to the ultimate terror that they're dying.

This downward spiral of fear is what feeds the attack and leads the symptoms to escalate further.

So up until now I've just told you about the chaos of an attack. It'll happen when you don't expect it at an inconvenient moment. You won't understand immediately what's happening to your body. It's extremely frightening and there's a whole bunch of other uncomfortable stuff you'll be experiencing after the panic sets in. Sound like fun so far?

Yeah, I'm not too satisfied with that scenario either...So let's fight back with techniques that WORK!

For all the reasons listed above, you'll need to know the Panic Attack self defense techniques I'm about to show you. They're easy to apply during an attack and they work like a charm in ANY Panic Attack situation.

Step 1 : Recognizing the Attack

The first trick is the hardest for some. You must recognize the attack. Sounds easy enough, but when your anxiety was as bad as mine was, I was telling myself:

"Oh no, not this one. This one is for real. My heart is finally going to pop from all these attacks. My body can't take anymore. I feel myself dying" and so on.

It was devastating. And it's that negative thought process and depressive attitude that feeds and escalates the attack.

So step 1 is recognize the attack. Know that it IS a panic attack and people don't die from panic attacks. It's that simple. Believe it. The utmost belief of this fact is where the power lies.

It may take you a minute or two to convince yourself. However, if it's not your first Panic Attack, then you should be confident in identifying what's happening to your body and mind.

Step 2 : Breath and Count

Next your going to start counting. Ignore everything around you. Nothing else matters. Get through this. That's ALL that matters.

After you've recognized the attack, begin to count in your head. Count 1,2,3,4 -- 1,2,3,4 -- 1,2,3,4 pausing on the dashes and so on. Now you might be thinking:

"Hey, that's easier said than done. When I'm having an attack I can't even think."

That's why you're not going to say or even think the numbers. You're going to breath the numbers.

Take a deep breath in through your nose for the 1 and 2. Then take a deep breath out through your mouth for the 3 and 4.

Practice this routine for a few minutes a day until it becomes an automated exercise for you.

Practicing really helps a lot. If you practice in a controlled environment, when a Panic Attack hits, this self-defense mechanism will seem routine.

Important:

If you are truly hyperventilating out of control when the Panic Attack hits, breathing into a paper bag will help you get to the point where you can begin this exercise. Once you have regained some control of your breathing, remove the paper bag and begin the Counting Technique.

When you go into these breathing exercises you immediately shift your brain's focus from fear to action. You take control of your body and all the symptoms with this one important step.

Here's why this Step is so important...

Remember before when I said it was important to list out the Panic Attack symptoms?

Well by now I'm sure you're familiar with many of the symptoms. That's not why I laid them out above.

I listed the symptoms above to illustrate a very important point. Panic Attack symptoms occur as a chain reaction to the offset of breathing that happens in the body.

When a Panic Attack hits, shortness of breath or hyperventilation kicks in. The change in oxygen intake is what causes the dizziness and light headedness.

When those symptoms kick in, your fear escalates. Your body goes into "emergency mode" and begins conserving blood flow and the circulation of oxygen. This leads to the numbness in your extremities.

All this time, further panic has been setting in and your heart beats have become stronger as your brain reaches a higher sense of urgency.

The symptoms go on and on but my main point here is that it all starts with controlled breathing.

Do NOT overlook your breathing in the fight against Panic Attacks. It is an absolutely essential tool.

Step 3 : Finding the Root Cause

The calming down step is perhaps just as important as Step 2. Panic Attacks are traumatic. Soon after an attack, your mind catches up to what has just happened and a real emotional rollercoaster sets in.

You begin to question your stability and how capable you are of handling the world around you.

If you've had an attack, it's important to contact a therapist or doctor shortly after.

Don't get me wrong here. I'm not telling you to commit yourself to years of therapy for one panic attack.

However, let's be honest with each other...

Panic Attacks don't happen without reason. Something triggered the attack. It could be stress at work. It could be stress in a relationship. It could be a General Anxiety Disorder. Whatever the cause is...don't ignore it.

Find a therapist or doctor you are comfortable with and begin exploring why your attack occurred. Don't be afraid of the answers you might find.

Life is far too precious to spend worrying and panicking. Take the time and make the effort to resolve your Panic Attacks. Don't put it off. Do it today.

You can start right now at <http://www.Stop-Anxiety-Panic-Attack.com>

The site has an amazing FREE video called Anxiety Free Tactics which shows you a multitude of anxiety and panic treatments including how to stop nighttime anxiety, overcoming social phobias, dealing with depression, acupressure points for stress and also a cool technique for thinking in a positive light no matter what.

Check it out right now!

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Jason Ellis has been helping people overcome their anxiety and panic for years. His expertise deals with controlling the symptoms of stress and anxiety by applying proven, natural treatments for panic that bring results in minutes. You can find all of Jason's natural treatments for anxiety exclusively at <http://www.Stop-Anxiety-Panic-Attack.com>

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