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Introduction

There's very little in this world that is as frightening and uncomfortable as a panic attack. Once they start, panic attacks can send you spiralling out of control.

Many people who suffer from panic attacks already have several treatment options that they are using. Sometimes these treatments work very well, and sometimes they hardly work at all. Some panic sufferers have to try many different options before finding one that works reasonably well for them.

Even if you find something that works, you may have episodes where the treatment fails, or where treatment is not an option. For example:

You may run out of your medication and be unable to get any more of it for a few hours or days.

You may have a serious episode and be unable to get an appointment with your therapist or doctor right away.

You may not be able to afford to seek medical treatment at the time.

There could any number of reasons why you couldn't seek traditional medical help at a given time, but when you have panic attacks, you need help right away. The longer you wait to do something, the worse they get.

The purpose of this report is to teach you a few key coping mechanisms that will help you deal with these terrible attacks without the aid of medication. While they may not get rid of your panic attacks, they should at least help ease them until you are able to seek proper treatment.

Breathing

The most important thing you should do whenever you experience a panic attack is to carefully control your breathing. Panic attacks can lead to hyperventilation, and can also be caused or exacerbated by hyperventilation.

It's important to take slow, controlled breaths. Breathe in slowly, and then breathe out slowly. If you let your breathing get away from you, your anxiety is likely to skyrocket.

Panic attacks are often caused by, or made worse by physical conditions that scare you into believing something is medically wrong with you. Hyperventilation can cause rapid heartbeat, chest tightness, and other

symptoms that may feel like a heart attack. The fear of having a heart attack can cause panic attacks to get worse and worse.

By breathing slowly and carefully, you can help slow down your respiration rate. You'll help keep your heart rate in check, and you will hopefully prevent the attack from spiraling out of control.

Relaxation

Another very important technique for controlling panic attacks is through progressive relaxation. During progressive relaxation, you slowly begin relaxing your muscles a few at a time, envisioning your entire body slowly becoming limp.

Some people like to play relaxing music, nature sounds, or brain entrainment sounds while doing this. It can help focus your mind to do this, but make sure you pick something that you enjoy and that helps you focus without being distracting.

Start by clearing your mind as much as possible. Try to focus on something that relaxes you. Think of your favorite vacation spot, your favorite hobby, or someone you love. Imagine yourself happy and at peace. Close your eyes.

Relax your facial and scalp muscles, taking care to pay attention to every muscle in your head. Make sure your scalp is relaxed, then your forehead is relaxed, then your cheeks, and so on.

Slowly move down to your neck, shoulders, and back. Feel a wave of relaxation spreading slowly through your body from head to toe, as if it were washing over you like a wave.

Relax your arms slowly from bicep down to your wrist. Move into your hands and fingers, relaxing each set of muscles separately.

Let the wave wash down through your torso, your buttocks, your thighs, and your calves. Finally, relax your feet and toes. By now your entire body should be limp and completely relaxed.

Now you should stay in this state for a while. Try to focus on whatever got you centered in the first place. Imagine your calming place, your favorite happy thought, or whatever else makes you truly calm and happy.

You can do this anywhere in some form. You may not be able to close your eyes and go completely limp, but you can use this technique anywhere to center your thoughts away from the panic attacks.

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Herbal Remedies

There are several herbal remedies than can help people with panic attacks. These are usually far cheaper than prescription medications, especially when you factor in the cost of the visit to the doctor to get the prescription. A single visit to the doctor can cost between \$50 and \$100, sometimes more. If you don't have medical insurance, that's an out-of-pocket expense that not everyone can afford at a given time.

Herbal remedies are usually easily bought through local stores, and those that aren't can usually be easily located online. They can often be bought for less than \$10 if found locally.

Kava

Kava (also called kava kava) is a type of herbal tranquilizer that some people compare to Xanax in its power. It is indeed quite strong, but it doesn't seem to have the addiction potential of drugs like Xanax and Valium.

Kava has been used for centuries by the Polynesians for ceremonies and as a general relaxer. In small amounts, it can make you feel generally well and happy. In larger doses, it can make you feel very tired and relaxed.

Since kava is not addictive the way many other anti-anxiety drugs can be, it can be taken fairly often. It also isn't believed to cause the kind of memory problems that some users experience with Xanax.

If you have liver damage, kava may cause problems for you. It's not yet known exactly why, but kava doesn't seem to be safe in anyone who has liver issues. If you have liver damage, you should talk to a doctor before taking kava.

Valerian

Valerian root is an herbal tranquilizer/sedative that has been in use in Europe for many years. It is used to treat mild to moderate anxiety, as well as insomnia.

Valerian is considered extremely safe, and you can take it daily for several months without any ill effects. As a precaution, I would take it only when needed. It does take several days or weeks of continued daily use to reach maximum effectiveness, but extended use may reduce its effectiveness. It's a bit of a paradox.

Valerian comes in several forms. It can be bought in capsules, liquid extract, or tea. All are effective, so just get whatever is available.

One thing to note about valerian is the fact that it is very smelly. It smells very strongly of a wet dog. It is so strong that just touching a capsule can make your hands smell terrible for hours. It doesn't taste as bad as it smells, and it doesn't make your breath smell bad, but the smell itself is terrible.

Passionflower

Passionflower can be found in capsule and liquid extract form, and is a fairly potent tranquilizer. Some people say it is as potent as valerian.

Passionflower can be combined with valerian, chamomile, or other relaxing herbs safely to maximize the effect of each of them.

Chamomile

Chamomile tea has been used for a very long time to help promote relaxation and sleep. It's not extremely potent, so it isn't likely to cause excessive drowsiness. That makes it perfect for use when you need to relax, but you don't need to sleep.

Although it can help you sleep when you want to, it's probably not going to make you so drowsy that you end up falling asleep at the wheel of your car or at your desk at work.

Chamomile, since it is so mild, is best used in conjunction with other herbal remedies. It can help enhance other herbs, but it isn't especially effective on its own.

Visit a Doctor if Possible

A visit to the doctor isn't always possible, but if it is, you should go. When you're having panic attacks, they may make you feel as though you have something terrible wrong with you physically.

When you feel like something is grievously wrong with you, the anxiety tends to spiral out of control. The more you worry about your health, the worse it gets, and the worse it gets, the more you worry.

When you visit a doctor, the doctor can help assure you that nothing is physically wrong with you. While it may be extremely disturbing to feel so out of control of your own body, knowing the illness isn't physical can be comforting.

If you feel you are at risk of imminent death, you are obviously going to feel extremely anxious. This type of anxiety is a nightmare for people who suffer from panic attacks.

By getting affirmation from a medical professional that you aren't having a heart attack or some other life-threatening illness, you will be able to use that to calm yourself down when panic strikes.

Get Rid of Adrenaline

Adrenaline is a major cause of panic attacks. Some medical professionals believe that panic attacks may be caused by excess adrenaline in the system, or the body's inability to process adrenaline well.

You can get rid of excess adrenaline in your body by getting more exercise, punching a pillow, going for a walk, screaming into a pillow, or any other aggressive, active method.

When you get rid of the excess adrenaline, you will often find yourself feeling better very quickly.

Eliminate Panic-Inducing Foods and Drinks

There are certain foods and drinks that can induce or exacerbate panic attacks.

- Caffeine – This is a major cause of panic attacks in many people. Cut out caffeine entirely for a while and see if it helps you.
- Sugar – Sugar is a very common cause of panic attacks. I would cut down on sugar, even if you don't eliminate it from your diet entirely.
- Refined Carbohydrates – Cut down on refined and “white” carbs like white potatoes, white flour, white rice, and other refined carbohydrates that can cause blood sugar spikes.

You should try to eat a balanced diet with plenty of fiber. Consume more whole grains, because they don't cause extreme spikes in blood sugar levels which can lead to low blood sugar.

Low blood sugar has symptoms that are very similar to anxiety. Symptoms include:

- Racing or palpitating heart
- Dizziness

- Trembling
- Weakness
- Anxiety
- Irritability

Many of these symptoms mimic the symptoms of panic attacks, and low blood sugar may be the catalyst that sets off attacks in some individuals.

By cutting down on these “white” carb sources, you can help stabilize your blood sugar and reduce some of the symptoms that may trigger panic attacks.

Need more help fast?

Get the ultimate solution for getting rid of panic attacks!

www.PanicAway.com