

Managing Panic Attacks

Panic attacks occur due to overwhelming anxiety and fear. Experiencing it, is the most uncomfortable situation in a person's life. It gives a sense of dying. Difficulty comes in trying to break out of the attacks and removing yourself from the situation which can even make the attacks even more worse. Understanding what it is will bring great relief and will make one realize that it is quite common. Once a person gets to know what it is, he will definitely develop a curiosity to know how to manage a panic attack. There are many tips to manage a panic attack as given below. It can be as short as few seconds or it may last up to an hour. Regardless of how you get them, they are manageable and can be treated.

Managing panic attacks does not always go with taking medicines and consulting a doctor. There are other proper prevention methods which are available to manage such panic or anxiety attacks. The following points are some which could help you to manage these attacks.

1. Once you feel it coming breathe slowly in and out of a paper bag. A paper bag will help your oxygen levels to return to normal.
2. Avoid junk foods and drinks outside. Have regular meals to keep your blood sugar level stable.
3. Don't bottle up your emotions. Always find someone may be a family member or a friend and share your thoughts so that you feel relaxed.
4. Listen to some good music and do a pleasurable task allowing the panic to subside.
5. Once you sense an attack, close your eyes, breathe slowly and deeply and always keep in mind that you are safe.
6. Firmly tell yourself that the symptoms you feel are temporary and they are not harmful.
7. Avoiding exposure to unnecessary stress helps to managing these attacks.
8. Try to exercise on a daily basis to have a healthy physic which keeps you away from panic attacks.

Managing panic attacks is simple if we get to know the cause for it. It is always better to avoid the circumstances that cause the attack. Severe attacks can be managed by learning how to breathe properly. You can use a breathing technique that you are comfortable with, once you feel an attack.