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Curing Panic Attacks - 4 Ways To Take Control of Your Life

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Millions of people experience panic attacks each year. The symptoms are extremely uncomfortable, and can closely mirror life-threatening physical problems. Restlessness, nervousness, or feeling scared are common psychological symptoms. The physical symptoms can include chest pain, tingling or numbness in the extremities, racing heart, diarrhea, stomach pain, and headaches. Twitches or other involuntary movements are not uncommon. But there are ways to cure your panic attacks and find relief from these extremely uncomfortable and frightening symptoms.

1. Curing Panic Attacks - First Steps

Most doctors will begin the process of curing your panic attacks by prescribing anti-anxiety medication. This will allow a few things to happen: Your physical symptoms will decrease or go away. Your mood and mental condition will stabilize. You will be able to live again without fearing the onset of a panic attack.

2. Learning to Live Again

After you have gotten your feet back under you and the medications are working, your doctor will recommend a therapist. The role therapy plays in curing panic attacks cannot be underestimated. While the medications can provide relief from the symptoms, a true cure for your panic attacks can only come from within yourself. A therapist will help you work through the issues that are causing the panic attacks in the first place. It is very rare that a person has panic attacks without some underlying factor causing it. Only once these issues have been worked through will curing your panic attacks be complete.

3. Dealing in the Meantime

If you can't go see a doctor right away, there are some things you can do that can help you manage your stress and help control your panic attacks. Most of these are simply relaxation techniques of some form or another, so you can feel free to do whatever relaxes you best. If you can lose yourself in a game, for instance, that can be just as effective at staving off a panic attack as meditation.

Deep breathing: In through the nose, out through the mouth, ten times, when you get into a situation that may provoke a panic attack or causes you undue stress. Do not hyperventilate. Ten, and only ten, deep, slow breaths, then take a break.

Meditation: Practicing meditation every day is a great way to relax and let go of some of the stress you build up every day. Proficiency at this can even help you control impending panic attacks by relaxation. Just begin meditating if you feel a panic attack coming on or in progress, and continue until it subsides.

Counting down: Count down from 100 whenever you start feeling like you may be having a panic attack. Focus only on the numbers, and try to relax. This can help you stave off a panic attack.

4. Cognitive Therapy

You can change the way you think, if you put your mind to it. If you approach a situation as a frightening one, then you will be frightened. Try to adjust the way you look at situations that provoke your panic attacks. If you can convince yourself not that you are no longer scared, but that the situation itself is no longer frightening, then you will no longer be scared in that situation. This process takes time, sometimes a lot of time, but is a sure way of curing panic attacks.

Abhishek has got some great [Anger Management Secrets](#) up his sleeves! Download his **FREE 97 Pages Ebook**, "How To Effectively Control Your Anger" from his website <http://www.Positive-You.com/553/index.htm>. *Only limited Free Copies available.*

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