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Help Cure My Anxiety Attacks!!

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There are millions of people around the world asking the question "Help cure my anxiety attacks?" These people suffer from this invisible problem that others can't notice, but can be very frightening when it occurs due to symptoms such as:

- 1/ Palpitations of the heart.
- 2/ Breathing difficulties.
- 3/ Scary tightening across the chest.
- 4/ Dizziness and confusion.
- 5/ Awful sense of fear.

The list can go on, but you can see from these symptoms why people would love to cure their anxiety attacks to leave this terrible feeling behind them. The terrible thing is that you can tell yourself positive thoughts and you know these are temporary feeling, but when a panic or anxiety attack arrives you aren't able to think straight and you are taken over by fear. In simple terms people need help to cure anxiety attacks because it's a living hell being taken over in body and mind alike. These attacks can occur at any time such as in shopping malls, in crowded areas, at work, or for the most insignificant circumstances, and as you suspect one coming you are actually promoting it.

There are some very good exercises you can do to stave off an attack in the making. First of all try to control your breathing. In through the nose and out the mouth. Regulate this as much as possible so you don't get the shortness of breath or palpitations. Do not under estimate the power of self talk while doing this. While doing the breathing exercises say or think the word "relax" and this will help greatly.

Another way to quick reduce an imminent anxiety attack is to purposely tense your shoulders for about 15 seconds then let go. You will feel the tension release through your body and this will help you relax enough to take stock of the situation.

If you are in public these 2 techniques can help get you through a situation until you are home. When you are home you can use diversion tactics to help cure your anxiety attack. Listen to uplifting music loudly and sing along. Watch a funny television show and lift your spirits. Again, don't under estimate self talk. Assure yourself that these attacks have never harmed you before and this sense of safety will stop the fear that is fuelling the anxiety attack in the first place.

If you get an attack or feel one coming on in bed, do not lie there. You will not get to sleep anyway and you will have no distractions to help you so it will take you over. Get out of bed and put on the television. Distract yourself until you literally fall asleep so the feeling can't control you.

People can ask "Help cure my anxiety attack?" but the truth is that they have the power to help themselves. The root cause for anxiety is found in the brain. The way your brain reacts to stress and anxiety can be adjusted and with it you can teach yourself to control situations better so not to encourage future attacks. Always remember that you are not alone and there are millions like you. Having a panic attack can make you feel as lonely as hell but this is not the case, so content yourself with this and the fear will subside.

For more great Anxiety and Panic Attack resources and to get your FREE Expert Advice Mini Series check out the link provided. It could set you on the path to a more stress free life. [Anxiety Panic Attack Cures!](#)

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