

File Created by [Blogging Rebirth](#) WP Plugin

How to Control Panic Attacks - Don't Run or Hide From it

How to Control Panic Attacks - Don't Run or Hide From it

Panic attacks is defined as a sudden attack of intense fear and terror along with symptoms of weakness, rapid and irregular heart beat, difficulty in breathing, clamminess and losing the sense of reality.

The first panic attack usually comes out of nowhere. You could be doing something that you do every day like driving, shopping, walking in the park, watching a movie, etc.

The main problem with these attacks is that once you have had one, the fear of having another panic attack will cause it to happen again. Just the fear of having a panic attack is often enough to trigger another one. In fact, most people who have panic attacks think that they are going crazy, have a heart attack, or dieing. In actual fact, they are in perfect physical condition.

In order to control panic attacks and get rid of it forever, you must first learn to accept it. Most panic attack sufferers fear having another panic attack. They run away and hide from it. They try to avoid situation which they think trigger their attacks. Learn to live with the panic attacks but NEVER give in.

The only way to get rid of panic attacks is to confront them. Never run or hide from it. Panic attacks feed on fear and anxiety. The more your afraid of having a panic attack, the harder and faster it will strike. Panic attacks represent the conflict of you being afraid of the way you reacting. If you didn't feel that way, then you would have no more panic attacks!

Next time, during a panic attack, try to confront it head on. Don't run, hide or avoid it. Accept that you have panic attack and confront it!

Calm down by reminding yourself that these odds sensations are part of a panic attack. Your NOT having a heart attack. Your NOT dieing.

Panic attack can be stopped and you can recover from it without depending on drugs. Understand that panic attack occur again and again because of your fear of them. Fear act as fuels for panic attack and makes it happen. Take away that fear and panic attack will never happen again!

Learn more about the various [Self Help Guides For Panic Attack](#) and stop you panic attack now!

Find More [Panic Attacks Articles](#)

You can also find this article published on [How to Control Panic Attacks - Don't Run or Hide From it](#), and on the tag pages [Attacks](#), [Control](#), [Don't](#), [From](#), [Hide](#), [Panic](#).