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# **How to Cure Anxiety by Removing the 'Fear' of an Anxiety Attack First**

## How to Cure Anxiety by Removing the 'Fear' of an Anxiety Attack First

A critical first step in how to cure anxiety is to understand just how the fear of having another anxiety attack perpetuates a 'vicious cycle of anxiety', making it much more difficult to cure it. Very often, people are identified as having general anxiety only after they have suffered an attack. And then the experience of that attack has a profound effect on how the victim views things from then on. This can turn into a vicious cycle of anxiety which can be difficult to break free from. But to cure anxiety you need to remove that fear and break the cycle.

### The Fear of Another Anxiety Attack Can Trigger One

Unfortunately, the terrifying symptoms of an attack are so overwhelming that the victim never, ever, wants to experience them again. This builds up even more fear in the person with already higher-than-normal anxiety levels through their general anxiety. So the actual 'fear' of having another attack can 'trigger' one. The key is to get rid of that fear, thus breaking the vicious cycle, then cure the anxiety.

### But Can the Symptoms Of Anxiety Attacks Really Be So Frightening?

Absolutely! Here are just a few of the most common symptoms; tightness across the chest, tight throat, hyperventilation, racing heart, irregular pounding heart beat, nausea, shaking, struggling for breath, tingling fingers and toes, dizziness, lightheadedness, feeling detached from reality and a real feeling of some impending doom. One of the most common feelings is of having a heart attack and about to die. These feelings are real to the victim.

### What Are the Symptoms Of General Anxiety?

General anxiety is basically a propensity to continually worry unnecessarily, or irrationally, over situations or events that you wouldn't normally worry too much about. In other words, your worries are disproportionate to those situations or events. Typical physical symptoms are, constantly being tense or on edge, muscle tightness, fatigue for no reason, headaches, sleeping problems, hot flashes, dizziness, lightheadedness.

So when faced with a stressful situation like a bereavement, being trapped in an elevator, an exam, a job interview, etc., a sufferer's anxiety levels will explode, too much adrenalin will be produced, and the body will react with the symptoms of an anxiety attack.

### How Do You Cure Anxiety?

To cure anxiety, your doctor will no doubt prescribe anti-depression or anti-anxiety pills, and perhaps beta-blockers. Sometimes, they will prescribe anti-depression pills to be taken daily and anti-anxiety pills to be taken only when you feel an attack coming on. Drugs do work to cure the symptoms, but they have several bad side effects, which can put people off.

And there are therapies to help cure anxiety like counselling, psychotherapy, meditation, self-hypnosis, acupuncture, and so on. These work for some people, not for others. But they are really just 'managing' or 'coping' strategies.

You can see that these two treatment options either just work on the symptoms, or, help you manage your condition. They don't really address the underlying causes without which it is difficult to get a cure. And they can't do much about your 'fear' of having another anxiety attack. So they don't help you break out of that vicious cycle of anxiety, making it more difficult to cure anxiety.

To find out how to get rid of your fear of anxiety attacks and [cure your anxiety](#), go to <http://eliminatepanicattacks.blogspot.com> and get your old self back again.

The author constantly researches health issues then writes reports on his findings so that you are perhaps more aware of the facts, and then,

better able to make an informed decision on your choice of treatment and cure. Remember to always consult your doctor first. Please go to <http://eliminatepanicattacks.blogspot.com> for more information.

This will calm you down, allowing you to focus on the task at hand. Saved me when I had panic attacks. PACE stands for Positive, Active, Clear & Energetic. E. Drink water C. Brain Buttons: place one hand over the navel. With the other hand, massage the areas on either side of the sternum below the collar bone. Change hand (30 sec/hand) A. Cross Crawl: Touch hand to opposite knee and vice versa. Do this SLOWLY for approximately 2 minutes. Move shoulders and breathe. P. Hook Ups - Part1: Cross ankles. Stretch out arms, cross them and place palms together. Lace fingers and bring hands under and up to rest under chin. Close eyes, inhale through nose and place tongue on hard palette behind teeth. Drop tongue as you exhale. SLOW, STEADY breaths. Do as long as you want. Hook Ups - Part2: Uncross ankles and arms. Lightly touch fingertips together with both hands. Close eyes, inhale through nose and place tongue on hard palette behind teeth. Drop tongue as you exhale. SLOW, STEADY breaths. Do as long as you want. Slowly come back to reality and notice what your body feels.

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