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How to Prevent From Panic Attack

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Panic attacks are the most extreme manifestation of panic disorder, an anxiety response resulting from an over-production and under-use of adrenalin, the bodily chemical which cause them. When the anxiety reaction has no use for adrenalin, this powerful hormone can create a group of physical reactions which can peak with the formation of a panic attack. This response is natural and physical - it has nothing to do with mental or physical illness or chemical imbalances, but it can feel very threatening indeed.

Cognitive-behavioral therapy helps people learn to deal with panic symptoms, using techniques like muscle and breathing relaxation. They also gain reassurance that panic will not lead to the catastrophic events they fear, since many people fear they are having a heart attack.

There are many reasons why people have panic attacks. They are often triggered by a specific situation that causes you fear. Some people don't like crowds. Others experience panic attacks when they know they'll have to speak in public. It could be anything. It is important that you recognize what triggers your panic attacks and do what you can to reduce or remove these triggers. For example, if your panic attacks are brought on by crowds, you may be able to successfully stop panic attacks by avoiding crowds. You may be able to stop panic attacks by gradually making yourself more comfortable in small groups then larger groups and so on.

Once someone has had a panic attack, for example, while driving, shopping in a crowded store, or riding in an elevator, he or she may develop irrational fears, called phobias, about these situations and begin to avoid them. Eventually, the pattern of avoidance and level of anxiety about another attack may reach the point where the mere idea of doing things that preceded the first panic attack triggers future panic attacks, resulting in the individual with panic disorder being unable to drive or even step out of the house. At this stage, the person is said to have panic disorder with agoraphobia. Thus, there are two types of panic disorder: panic disorder with or without agoraphobia. Like other major illnesses, panic disorder can have a serious impact on a person's daily life unless the individual receives effective treatment.

Then, with gentle reassurance, progressively tense and relax all the large muscle groups. Tighten your left leg with a deep breath in, for example, hold it, then release the leg muscles and the breath. Move on to the other leg. Move up the body, one muscle group at a time.

Most panic attack sufferers find that some of the best treatment can be found with a panic attack support group. For a panic attack sufferer these support groups can be an extremely valuable resource. Most panic sufferers tend to feel very alone during their panic attacks, even when they have others to talk to. There is something about knowing that there are others out there that experience the same feelings, it can be very reassuring to most chronic panic sufferers.

Before you begin any form of treatment, your GP will discuss all of your options with you, outlining the advantages of each form of treatment, while also making you aware of any possible risks, or side effects. This is because no single treatment is best for everyone, and which treatment is recommended will depend on your general health and the severity of your condition, as well as your personal preferences.

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