

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

How to Stop a Panic Attack

How to Stop a Panic Attack

Physical and psychological causes of panic attacks work together. There are many theories regarding the causes of panic attacks. The three main causes of panic attacks are phobias, stress, and needless worrying. So the underlying causes of panic attacks are usually nothing more than anxiety. Phobias, excessive stress, and worrying about the onset of another anxiety attack or some of the most common causes of panic attacks.

Anxiety is nothing but excessive energy in your body that is unable to find an outlet, provide an outlet and it will evaporate. Anxiety is defined as a state of fear, a reaction to a "threat. The short answer is, panic attacks are caused by the activation of the "fight or flight" response in an individual, otherwise known as anxiety.

The main symptom of a Panic Anxiety Disorder is the panic attack itself.

Some treatments of panic attacks include learning relaxation techniques, making lists of their most common fears and confronting them. Probably the most effective treatment is to learn different relaxation techniques. Another treatment of panic attacks is to list the fears and phobias that are triggers. The treatment of panic attacks vary and what works well for one person may not necessarily work for the next.

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.

Once you are able to identify the causes of panic attacks you are in a far better position to seek a cure, or a way to deal with them so that they don't rob you of your life any longer. There are both physical and mental exercises that will train you to respond very differently in these situations, reducing the causes of panic attacks before they get started. Hypnotherapy can address the root causes of panic attacks, help to reduce the likelihood of them occurring in the future, and also offer useful coping techniques if panic attacks are ever experienced again.

Do you want to know [how to stop a panic attack](#) ? There is a radical new treatment I discovered that is unlike anything else that is available today. It involves no medication, no herbs, no therapy, no riding out the fear or hypnosis. If you want to find out about it, visit [Freedom From Panic](#)

Panic disorder is an anxiety disorder characterized by recurring severe panic attacks. It may also include significant behavioral change lasting at least a month and of ongoing worry about the implications or concern about having other attacks. The latter are called anticipatory attacks (DSM-IVR). Panic disorder is not the same as agoraphobia, although many with panic disorder also suffer from agoraphobia. Panic disorder sufferers usually have a series of intense episodes of extreme anxiety during panic attacks. These attacks typically last about ten minutes, but can be as short-lived as 15 minutes and last as long as twenty minutes or until medical intervention. However, attacks can wax and wane for a period of hours (panic attacks rolling into one another), and the intensity and specific symptoms of panic may vary over the duration. Common symptoms of an attack include rapid heartbeat, perspiration, dizziness, dyspnea, trembling, uncontrollable fear, hyperventilation, etc. Song: Enya - Evacuee Informations: - en.wikipedia.org - www.geocities.com Pictures: Google, Yahoo

Related [Panic Attacks Articles](#)

You can also find this article published on [How to Stop a Panic Attack](#), and on the tag pages [Attack](#), [Panic](#), [Stop](#).