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How To Stop An Anxiety Attack

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Anyone who has become victim to an anxiety attack knows the fear of carrying out normal everyday tasks, just going out of their house can be an ordeal.

How to stop an anxiety attack is not straightforward, an anxiety attack needs to be contained before it takes control and stops the sufferer from leading a normal life.

It is important to identify the symptoms which can include minor ailments such as sweaty palms, restlessness and mood swings to more severe signs including chest and/or stomach pain. Some people report not being able to focus well.

Advice on how to stop an anxiety attack include:

Sleep: A good night's sleep will help to reduce stress levels, as stress is a major cause of anxiety attacks it is important that you get a good night's rest.

Exercise: Getting into an exercise routine is a great way of distracting the mind; if you feel an anxiety attack coming on going for a walk or jogging while listening to music is a way to divert your attention. Any distraction can help even just taking a shower, doing something positive will take your mind off your anxiety.

Alcohol: Alcohol may temporarily distract from an anxiety attack but will increase the problem leading to increased attacks as it wears off. Alcohol is a depressant and should be avoided.

Caffeine: Coffee and other products containing caffeine are stimulants and should be used sparingly or not at all as they can increase your of anxiety.

By relaxing and focusing on your surroundings you can teach yourself [how to stop an anxiety attack](#) and say goodbye to them for good.

For the Most Powerful Method on [How To Stop an Anxiety Attack](#) and Anxiety Disorder Advice visit: <http://www.panicattackgone.info>.

You can also find this article published on [How To Stop An Anxiety Attack](#), and on the tag pages [Anxiety](#), [Attack](#), [Stop](#).