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How to Stop Anxiety Attacks - The 5 Questions You Should Ask Yourself

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Anxiety attacks are not a pleasant thing; you don't sleep at night dreaming of the next time it will happen. Despite all our effort to avoid it however these do occur, and for many millions around the globe it completely consumes their daily lives. The key is to stop anxiety attacks from happening when you first start to feel them coming on. It's for this reason I've gathered 5 questions that you should ask yourself when your mind starts heading in that direction.

1. Have I taken on too much responsibility in my life?

One of the top reasons why anxiety attacks occur in the first place is because of stress in our lives. By filling every moment of your day with responsibilities and chores you are creating a lot of unnecessary stress. We don't have to be superheroes, so why not only take on a few tasks and spread them out to allow plenty of time to get them done. You'll find this has a dramatic impact on reducing stress in your life.

2. Do I need someone to help me?

It's perfectly fine to reach out for help from friends or family member that cares about you. The important thing to remember about this is that you should not be afraid to ask, you know that you wouldn't hesitate to help your friend or family if they asked. Throw away any feelings of hurt pride you may be having and reach out for help.

3. Do I surround myself with those that offer me emotional support?

It's so important that we have someone we can turn to that can offer us the emotional support that is so important in our everyday lives. In our hectic lives having good friends that you can confide in when times are stressful is something you can't put value on.

4. Do I have enough fun in my life?

I don't care how full your daily schedule is, the most important part of any day should be time spent for fun and entertainment. Just letting loose and having fun can prevent these stressful and negative feelings from building up and eventually leading to an anxiety attack. A good way to blow off some steam is to watch a funny movie, or even go to see a standup comedian live. You can also spend some time out on the town with friends, or maybe just have some quiet time on a nice hiking trail. Whatever you choose to do to help stop anxiety attacks the important thing is you have time away from your daily schedule to really relax.

5. Do I take good care of myself?

Finally, it's important that you ask yourself this question if you ever hope to stop anxiety attacks forever. This doesn't just mean eating right, it also means that you are getting a full night's sleep and living an active lifestyle. I know it's hard to focus on yourself when you are so busy, but this is a vital part of stopping anxiety in your life forever.

[Dealing With Anxiety Attacks.net](http://www.dealingwithanxietyattacks.net) recommends the most time tested and guaranteed guides to help you conquer your anxiety and fear. We want to help you break that vicious cycle of fear and anxiety you have found yourself in and return you to a normal and relaxing daily lifestyle.

To find an effective cure for your anxiety, please visit <http://www.dealingwithanxietyattacks.net>

Social anxiety disorder has a hold on my life, this video is about what social anxiety disorder is and what a person with this disorder goes through. Visit desteni.co.za for more info on social anxiety disorder Visit

desteni-dairy-joe.blogspot.com to see my progress with social anxiety disorder

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