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If I Have Panic Attack Symptoms, What Do I Do Next?

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Ok, you have seen a list of panic attack symptoms and you think you might be experiencing panic or anxiety attacks. What do you do now?

The first thing you do is, Don't Panic: Ok, I know, I know, but I just couldn't help myself... (lol)

I know that was a poor choice of words, but seriously, don't freak out, or get upset. That will only make things worse.

Try to understand that you are not alone; thousands of people suffer from panic and anxiety and just as many will be helped or cured by various different methods or processes.

You see, many people who exhibit panic attack symptoms start having thoughts like; "If I'm having panic attacks, am I starting to go crazy"? Mainly because they see or imagine that they are losing control of their thoughts and actions.

I know, that's the way I felt or thought when I first started having my panic attacks, and I've read about many others who felt or thought the same way.

The simple thought of having a "MENTAL" problem scares all of us. Because most of us are not familiar with how one cures mental issues as opposed to physical issues.

Think about it; we know how to put a band aid on, or if we broke a bone, we go to the doctor, he fixes it, puts a cast on you and off you go. If you have a head ache, you take aspirin and so on...

But if it's a mental problem, what do we do first; see our family doctor first or do we go directly to a psychiatrist? How do I relate my problem to the physician?

The first thing you need to do if you exhibit panic attack symptoms is to acknowledge to yourself that there may be an issue or problem here, and yes, it's in your head.

Many people simply won't admit to themselves that they have a mental issue or problem.

They are afraid that they will be labeled for life as psycho or mental case or something similar. The mind takes them to scary places, so they hide it and ignore it as best they can.

Step #1 is realizing and acknowledging the possibility that you may have a mental problem.

Step #2 is to immediately make an appointment to see your doctor or family physician.

Be very candid and direct with your doctor about what panic attack symptoms you are experiencing. If your doctor doesn't suggest a total physical exam, then ask for one.

What you are trying to do here is determine if your symptoms are caused by some physical ailment or problem.

For example; one of the panic attack symptoms is "chest pain or discomfort" and "sweating" or "nausea".

These are also some of the symptoms of a heart attack. So, you need to have your doctor determine if there is a heart problem or not.

If there are no physical reasons for the way you're feeling, and you still have the symptoms of panic and anxiety, it's time to discuss with your doctor your next move.

Your family doctor is probably not a mental specialist; if what he prescribes for you does not seem to be working

for you, then don't be afraid to ask for a referral to a mental specialist.

When I experienced my panic attacks, this was the path that I took first off. I have a history of heart related problems in my family.

I found that my heart was just fine, and then went to see the referred mental specialist. For me, the mental specialist helped by identifying that, yes, I was experiencing panic attacks.

But for me, the medications that were prescribed did not work for me. There were just too many side effects that I just couldn't live with. In fact, for me, these side effects were almost as bad as the panic attacks.

What I found was a natural approach to relieve and eventually get rid of my panic attacks for good.

Keep in mind that just because this worked for me, doesn't mean it will work for everyone. We are all different in what makes us who we are both mentally and physically.

I really hope that this information has been helpful to you.

"To read the story about a former panic attack sufferer who has done extensive research on panic and anxiety disorder, please go to <http://www.mypanicattackstorysite.com/Panic-Attack-Symptoms.html> . He found a product that cured his panic attacks and wants to share that information".

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