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Learn The Skill of Treating Anxiety Attacks

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It is important to first understand exactly what Anxiety Attacks in order to then be able to treat them.

What Are Anxiety Attacks?

Anxiety attacks can be described as sudden unexpected bursts of extreme severe anxiety. Usually there are at least 3 to 4 additional physical and cognitive panic signs and symptoms, which can include:

- Shortness Of Breath
- Chest Pains
- Dizziness and Light-headedness
- Tingles, Numbness
- Loss of Control

...there are others.

An actual anxiety attack normally peaks within 5 to 10 minutes and can take up to 1 hour to completely subside and disappear.

Many studies have suggested that an estimated 30-35% of the population have had a single anxiety attack before in their lives - which is twice as common in women compared to men - just like cases of depression.

Treating Anxiety Attacks

There is one key factor that makes the difference between those who fully eliminate panic attacks from their lives and those who do not. The key ingredient is not medication, lifestyle changes, or relaxation exercises. It is when the individual no longer fears the thought of having a panic attack.

This may seem like a simplified and obvious observation but give it careful consideration. The one thing that has you searching for a solution to anxiety and panic attacks this very moment is the fear of having another one.

In my opinion, the best way to stop future anxiety attacks is to give people the ability to immediately stop fearing another panic attack. It is very simple yet amazingly effective. Here is how it works:

After a person experiences a panic attack for the first time, the experience can be so impacting that it leaves a strong imprint on the person's psyche. This mental imprint generates a cycle or loop of anxiety whereby the person develops an unhealthy fear of having another panic attack. People can spend anywhere from months to years caught in this repetitive cycle of anxiety.

By following this process, it can allow that person to break the cycle of anxiety and return to normal everyday living.

The really unique element of the technique, is that there is no need for you to regress into your past and find out why you had your initial panic attack in order to get results. All that is needed is your willingness to break out of the anxiety cycle.

It is important to know that you don't need to purchase medicine or pills etc in order to tackle anxiety and panic attacks.

This is something that can be tackled without using natural remedies.

Was This Article Helpful?

Are You Ready To Treat Your Anxiety Attacks Now?

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You can also find this article published on [Learn The Skill of Treating Anxiety Attacks](#), and on the tag pages [Anxiety](#), [Attacks](#), [Learn](#), [Skill](#), [Treating](#).