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Natural Ways to Cure Anxiety Attacks - 3 Easy Tips to Control Your Anxiety Attacks

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To fully understand how you can help cure your anxiety attacks naturally, without the use of drug-based medications with their horrible side effects, it's valuable to understand how they are caused in the first place...

Anxiety attacks usually happen when your general anxiety levels are very high (for you) and these are raised even higher by a stressful event. This can raise them to such a level that your body's defence mechanism reads this as a sign that you are in some danger (which you aren't). This triggers chemical changes in your body to enable you to fight or run away more effectively; your body's 'fight or flight' response.

The anxiety attack symptoms you then experience are just the outcome of the major changes that occurred during the flight or flight response being triggered. Typical symptoms are; trembling, chest tightness, sweating, racing heart, hyperventilation, tingling extremities, dizziness, a detached from reality sensation, choking sensation, nausea, fear of dying, etc.

The important thing to take out of this is that anxiety attack symptoms aren't what they seem to you at the time. They are just the result of your body making the wrong call; it thought you were in danger but you weren't, you were just very anxious or stressed. So, in reality, an anxiety attack cannot harm you.

Here are 3 easy ways to cure anxiety attacks naturally...

1. At the onset of an attack, be positive. Repeat that you know what is happening to you, and that you know that this will pass without causing you any damage. This is a very important first step because, remember, we are dealing with an emotional issue, not a physical one.
2. Because you're usually hyperventilating during an attack, which makes things even worse, you need to get your breathing back to normal as quickly as possible. Breathe slowly, regularly and deeply, especially using your diaphragm as well as your chest, to ensure you are filling up and emptying the whole lung not just the top as happens when you breathe using just your chest cavity.
3. Now this tip is really important. You mustn't concentrate on what is happening to you and the individual symptoms you feel. This is a vicious cycle, because by doing this you are becoming more and more fearful of each symptom and this only increases the intensity and length of the attack. Focus on physical things around you, and I mean really focus hard.

These 3 natural ways to cure anxiety attacks are very important in controlling and managing an attack, but what do you do in between attacks to help prevent them in the future?

The most important aspect of having general anxiety and suffering anxiety attacks is that the attacks are just so terrifying that you carry that real fear, either consciously or subconsciously, around with you. It is always there. But all this does is add to your already elevated general anxiety which, as we've seen above, can trigger an attack; yes your fear of an attack can actually trigger one!

So next, to discover the simple ' [ONE MOVE](#) ' technique that will eliminate your fear factor and so break your vicious cycle of anxiety, please go here now <http://eliminatepanicattacks.blogspot.com> and get your old self back again.

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