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# Ready for Anxiety Attack Help?

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Who could blame you, anxiety attacks are scary. They make you lose control of your senses. They make you feel literally sick. They make you feel like you are dying. It is so hard when you have an attack that you literally spend the rest of your day just recovering from that attack.

You feel weak and tired and spent. Your muscles ache, you are too exhausted to think, and you just plain don't feel like yourself. These attacks are really brutal, they can last for hours, or longer. But there is good news, there are things that you can do to make an attack stop faster.

You know those first few seconds before the attack really hits? Those first seconds when you start to feel like you are losing your breath but it is not a 'full blown attack' yet? This is when you want to get ready for the attack.

- First, if you are around some type of breeze, you want to make sure that it is on you. This could be a fan, an air conditioner, an open window, a vent, anything that will put air on your body. This will help to reassure you that you are in fact getting air, even though your body thinks you aren't. Air flow will also help your body to stay cool, even if the attack makes you start to sweat.

- Second, you want to close your eyes and focus on your breath - When your attack hits, you need to be fully focused on that attack. Something as simple as looking around the room could add to the attack.

- Lastly, you want to tell yourself "I am breathing, I will get through this". Say this over and over while you have your eyes closed and you are feeling the breeze hit you.

It is important that you do not fight these attacks, I know it is easier said than done. But when your mind is focused on resisting what is happening, it makes the cycle much more brutal.

Reminding yourself that you are okay and you are breathing are two very important ways to tell yourself that everything is ok without actually resisting the attack. This is just one of many great ways to find anxiety attack help.

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