

File Created by [Blogging Rebirth](#) WP Plugin

The Major Mistakes that People with Panic Attacks are Making

The Major Mistakes that People with Panic Attacks are Making

The Major Mistakes that People with Panic Attacks are Making.

Panic attacks can be extremely traumatic and people who experience them often say that they would do anything to get rid of them. In actual fact however, many people with panic attacks are inadvertently doing things that are directly and indirectly fuelling further panic attacks.

The following are the biggest mistakes that people with panic attacks make in their daily lives. By cutting these out, we can all experience a dramatic reduction in the frequency, duration and intensity of panic attacks.

Some of the most fascinating research into panic attacks that has been revealed recently has shown that a lack of assertiveness in interactions with others is a major contributing factor to the development of a panic disorder, rather than as a consequence of them. It has long been noted that people with panic attacks tend to be politer than average, but it has now been discovered that this leads to panic attacks because it makes people over analyse themselves too much and caught in a cycle of trying to please others too much. Instead, it's time to take charge and assert yourself more and more in daily life, which will also boost your own self-confidence and respect.

Incorrect breathing is also a major factor that far too many people are making. To test yourself, simply place one hand on your chest and one hand on your stomach and take a deep breath. If the hand on your chest moves more than the one on your stomach then you are not employing proper diaphragm breathing, but are instead are continuously making yourself more anxious.

Next up is the habit of confusing healthy physical sensations with dangerous ones, which sets off false alarms in your body to induce the panic response. Physical exertion, normal bodily functions and even a sense of excitement can all be given the worst possible interpretation by someone suffering from panic attacks.

Many people with panic attacks choose to think that they have no control over their body and this is another major factor in fuelling panic attacks because people are left thinking that they are trapped in their own body. In fact, nothing could be further from the truth. Millions of people have overcome their panic attacks and moved on with their lives and there's no reason why any one person's case is special and not able to be cured.

The most obvious, often done mistake (but also the easiest to stop) is consuming food and drink that make you more anxious and prone to panic attacks. Panic attacks are centred upon the nervous system, therefore we must eat foods that are rich in vitamin Bs because they directly nourish and strengthen the nervous system, which produces calming effects. More specifically within the B group of vitamins, you'll find that Vitamin B12, Thiamin and Niacin can make you much more resistant to the experience of a panic attack.

A recommended balanced diet, specifically for someone who suffers from panic attacks therefore, would consist of 20% meat, poultry, seafood, cheese, eggs and tofu. Then, 35% of baked potato, broccoli, asparagus, peanuts, legumes, watermelons and oranges. Then 45% would consist of brown rice, whole grain cereal, pasta, wheat germ, oatmeal and bread.

Finally, a fundamental mistake that many make is not seeking help. Medical practitioners estimate that the majority of people who suffer from panic attacks do not ask for help. Unfortunately, many of them are only discovered by the health system when they develop an even worse condition as a result of letting their panic disorder get out of hand, such as alcoholism, substance abuse, agoraphobia or OCD. Instead of spending a fortune on therapy however, the Panic Defence Handbook remains the most complete guide to overcoming panic attacks once and for all. Find out more at www.PanicHandbook.com.

Find More [Panic Attacks Articles](#)

You can also find this article published on [The Major Mistakes that People with Panic Attacks are Making](#), and on the tag pages [Attacks](#), [Major](#), [Making](#), [Mistakes](#), [Panic](#), [People](#).