



6 Ways to Overcome Panic

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Panic is an emotion that everyone has felt at one time or another. Feeling panic is normal, but if panic is taking over your daily life, it's time to take action to reduce it. Understanding what it is and what you can do about it can help immensely.

Panic serves a clear purpose in life. It gets your adrenaline pumping and allows you to act quickly to save yourself when you're faced with danger. Humans are complex creatures, however, and ***your mind may create panic in situations where it wouldn't help you.***

Also, if these situations continue to arise, you may be dealing with a serious panic disorder, so please consult with your physician.

Here are some strategies that can help you overcome panic:

- 1. Breathe deeply.** Deep breathing techniques can bring you a certain level of calm during any situation. When you start to feel panicked, you tense up and your breathing becomes quick or heavy.
 - Take a moment to find your breath and ***take deep breaths in and out.*** The deep breathing will relax you and help you focus on taking in oxygen, instead of the stressful situation.
- 2. Watch your health.** Your mental and physical health are all part of the same system. When you take care of yourself, many of your problems tend to right themselves. If you have a poor diet, lack exercise, or don't sleep well, take action to correct these core problems. Doing this will often address your panic directly or indirectly.

- 3. Seek professional help.** Discuss treatment options with your physician and naturopath. There are natural treatments available as well as several well-studied prescription medications that can help with your anxiety and panic concerns. Your doctor will know best if you're a good candidate for these medications.
 - Remember that you must *always* take a holistic approach that addresses the physical, emotional, mental, and spiritual aspects of your health.
- 4. Address the problem.** Try to locate the source of your panic. Are you only panicking in certain situations, or do you feel anxious at all times? If you can figure out the source of your panic, ***you can address the problem by facing your fear directly.***
 - Exercises to reduce your fears enable you to become more comfortable in situations that could set off a panic attack.
- 5. Deal with your stress.** Panic is more likely to arise in a stressed mind. If you study certain relaxation methods, you can keep your stress level down and make it less likely for you to experience a panic attack.
 - There are many relaxation methods for you to choose from that can keep you healthy and happy. Practicing yoga, daily meditation, prayer, and listening to soothing music are just a few ideas.
 - One of the best stress relievers is to make time for yourself each and every day. This time gives you a chance to relax, rejuvenate, and continue your day with renewed positive energy.
- 6. Avoid alcohol and caffeine.** Alcohol and caffeine can increase the frequency of panic attacks. To be on the safe side, avoid or limit their use. While this tip may not cure your symptoms, it can be an important factor for getting you back into a healthy mental state.

Getting Help

Panic and anxiety fears are quite common and there is no shame in getting help. Recognize the triggers and early signs of panic and start fighting it. When you do, you'll feel free once again!