



# How to Cope With Panic Attacks

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If you suffer from panic attacks, then you understand the sheer fear that you face in the moment of an attack. Feeling powerless to stop it is one of the worst parts. Even if you despair that this constraint has become a part of you, take heart.

***You can learn to cope with, reduce, alleviate, and perhaps even eliminate your panic attacks for good!*** There are specific actions steps you can take to help you overcome this challenge.

## Where Do You Start?

You can learn a lot about panic attacks simply by studying why they occur. You can also ***try to discover the root of your panic attacks.*** Keep in mind that you should always seek help from your physician.

Panic exists because it's a way for you to deal with a threatening situation. When you're in danger, your body releases adrenaline that enables you to think and move quickly in order to escape the threat.

Panic attacks occur when you find yourself reacting to a situation with feelings of panic, even though there may not be an actual threat. In your mind, though, the threat is real.

For example, if something terrifying once happened to you at the mall, future trips can still set off a panic attack, even if there are no threats. Alternatively, ***you can even feel panic in certain situations without being able to figure out exactly why.***

Whether you're consciously aware of the reasons for your panic attacks or not, it's good to know that there are still strategies that can help you overcome them. It also may help for you to know that panic attacks generally cause you no physical harm. When a panic attack strikes, you *will* get through it and things will return to normal soon.

### **How to Cope During an Attack**

Once an attack is taking place, you might feel powerless. Instead of allowing your panicked thoughts to take over, ***focus on your body and methods of relaxation.*** Deep breaths can counteract the panic since a panicked state forces you to take quick, shallow breaths.

### **Why You Shouldn't Avoid Panic-Inducing Situations**

It's natural to want to simply avoid situations where you might feel panicked. However, this usually isn't the best solution. For instance, you can't avoid elevators, crowds, or the doctor's office forever.

If you tell yourself that you can't do these things because they'll give you a panic attack, you're just reinforcing the behavior. Rather than helping yourself prevent your panic attacks, you're more likely going to feed the fear and make the attacks even stronger.

Although it's difficult, when you continue to engage in activities that may induce panic, you're actually giving yourself many opportunities to overcome your challenges.

### **Natural Methods for Coping with Panic**

There are natural methods you can use and changes you can make to your routine that have the power to ease anxiety and panic.

Meditation is one helpful method. Meditating can help you become more relaxed and in tune with your body and mind. These benefits can aid in understanding, preventing, and coping with your panic.

Lifestyle changes include the use of regular exercise. Most of us don't realize that exercise is not all about helping your body; it has some great power in balancing your mind too! ***You'll also be doing yourself a favor if you pay attention to things like your diet and sleeping habits.*** All these factors can have an effect on your panic attacks.

With research, self-reflection, and anti-panic strategies such as those mentioned here, you can begin to get a handle on your panic attacks. ***Know that you can have power over them!*** With knowledge and practice, you can be free of the fear of another panic attack.