

You Can Be Successful in Stopping Panic Attacks

"Flee or flight". That's how our body reacts when we perceive danger. A panic attack occurs when we think there is danger but there really isn't. We get ready to run away or deal with the problem. Our body starts to tense, our heart rate increases and we start to breathe heavily. We get a burst of energy to combat the invisible enemy. You do not have to feel helpless when you think of having a panic attack. Experts do not know what causes a panic attack but you can learn how to stop them.

During a panic or anxiety attack the sufferer has an intense feeling of fear or terror. Besides the racing heartbeat and troubled breathing, the sufferer may have chest pain or tightness of the chest. Many people experiencing a panic attack for the first time end up in the emergency room thinking that they are having a heart attack.

A panic attack can happen anywhere. You can be driving your car, at your desk working or in a deep sleep. From out of nowhere you get a feeling of impending dread and you can experience a feeling of overwhelming fear.

There is evidence that panic attacks can run in the family. You could be more susceptible than others because someone in your family suffered from anxiety disorder, depression or bipolar disorder. Stopping panic attacks is possible, you do not have to continue to suffer.

Many times the everyday struggles that we go through can cause panic attacks. Major life stresses, such as divorce or physical illnesses can bring them on. Once you have your first attack, you feel another is soon to follow. Your next attacks may be brought on just by the thought of having another panic attack. You can find programs that can help in stopping panic attacks.

Other reasons people get panic attacks are:

- Depression
- Drug or alcohol abuse
- Too much nicotine or caffeine

Even though it's not known what causes panic attacks, there are things you can do to handle the attack once it starts. Remember that people don't die from panic attacks. It may seem like you are but it is all an ill-perceived threat. Breathe deeply and think about something calming. Do whatever you can to get through those 10 to 20 minutes of terror. Read on to find out how to stop a panic attack before it starts.

To conquer your ailment, you must try to find out exactly what causes your attacks. Most people believe that stress plays a large role in triggering panic attacks. Nobody knows your body better than you do. If stress is the major cause of your panic attacks, you need to get a handle on what truly stresses you out. It may not be what you think. Do some soul searching and talk to your medical provider about how you can lower your stress levels. Look at what's going on in your life that might be creating stressful situations and find ways to eliminate or reduce them.

Don't let panic attacks get in the way of your normal day to day activities. Learning how to confront and overcome the feelings that trigger the attack will keep them at bay.

About the Author

Do you want to learn [how to stop panic attacks](#)? Stop by Paula Adams's site where you can find out all about [stopping panic attacks](#) and how you can become stress free.

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