

Panic Attacks- a resource

By shabbir ahmed

The first step to taking back that control is to learn to breathe. When a person has a panic attack, often they feel so overwhelmed that they forget to simply breathe properly. Many doctors, therefore, advocating safe breathing practices in order to help calm anyone having a panic attack. In fact, if you've ever had a panic attack in public, someone may have tried to get you to breathe into a paper bag. This may or may be a good method for you, but the fact is that you should know and practice your breathing exercise before you are panicking. Have a plan-learn calming breathing techniques and practice at least twice a day.

Other relaxing practices may also be able to help your panic attack. Of course, you might find it difficult to even consider meditation when you're having a panic attack, but by learning this relaxing procedure, you can use some of the same calming techniques that help you to meditate to help you calm down.

Another great way to prepare for a panic attack is to simply know your triggers. Do you have a specific phobia? Is excess stress your downfall? Do certain situations seem impossible for you? When you know what triggers panic reactions, you can do your best to avoid or minimize these situations.

You should also be medically prepared for a panic attack. When you go outside of the home, take with you a list of emergency contacts, which should include your doctor's number, your local crisis hotline, and members of your personal support systems. You can use these phone numbers yourself if you feel a panic attack starting, or another person will easily find this information in your purse or wallet if you are not capable of helping yourself.

Also take with you a bag to help you feel comfortable and calm down during a panic attack. A crucial part of the bag is any medications you may be taking, along with instructions on taking it. You can also include any items from home that will help you feel more comfortable. This can include herbal tea, a stuffed animal, religious items, photos, rubber bands to snap on your wrist, mints, hand cream, money, a puzzle book, and anything else that may help you relax, stimulate your brain, or distract yourself. Remember, comfort is key.

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