

Top 10 List Of Do's And Don'ts During An Anxiety Attacks

Many of us don't even know that we are under an anxiety attacks even though a lot of us had that experience at one point or another in our life. We will see the top 10 list of what to do and what not to do during an anxiety attacks.

1) Please tell yourself that you are not dying.

If you are thinking that you are going to die, then it will aggravate more fear which lead to more anxiety. It is going to make your situations worse rather than solving it.

2) Do not breathe from your chest. Take a deep breath from the abdomen.

During an anxiety attack, breath deeply from the abdomen. Try not to breath from the chest since this may cause dizziness and numbness in certain body parts.

3) Keep thinking positively.

Your anxiety attack will get worse if you keep telling yourself negatively such as I am going to faint soon or I won't be able to breathe.

4) Keep feeding your mind with positive thinking

Positive thinking would help yourself to overcome your anxiety problem easier. Tell yourself that this is just temporary and you are going to get through this soon.

5) There are health care professionals that are ready to help you.

Your own family doctors, counselors, psychologist, psychiatrist and mental health professionals should be able to advise you on how to cope with anxiety attacks.

6) Share your problems with the loved one and with people whom you can trust.

People that are close to you such as your spouse and friends are a great source of help. They should be able to emotionally support you to go through the hard times.

7) Stick to the medication schedule that was prescribed to you by your doctor. Get your medication on time and follow the routine that was advised by your health care professionals.

8) Don't feel hopeless

Your life is worthy of living, decorated with beauty and happiness. Pump up your energy level. You are ready to conquer your anxiety problems.

9) You are not the only one with anxiety problems.

Support group is a great resources to learn from as well as contribute your opinion and share your experience. I'm sure you could find many support group that suit you in your locality.

10) Start educating yourself about anxiety and panic attacks.

Knowledge is power. When you know more about anxiety attacks, you will have less fear. It is a lot easy to manage your anxiety problems when you know more about your problems. You cannot solve the problems that you don't understand.

About the Author

Get rid of fear. Get your free information on how to [stop and cure anxiety attacks](#) We also have valuable guide and advice about [signs of anxiety attacks and treating panic attacks](#).

