

## FREE REPORT

# ‘Simple Self Help Tips for Coping With Anxiety and Panic Attacks’

by

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## Simple Self Help Tips for Coping with Anxiety and Panic Attacks

If you find that anxiety is ruining your life it is very easy to slip into a way of thinking where you simply don't know what to do for the best or which way to turn.

Believe me, I do know how you are feeling.

Anxiety has been part of my life for as long as I can remember.

I grew up in a family where emotions weren't expressed so it was no surprise to find that, as an adult, I had anxiety issues which I always found hard to talk about.

You see, I know how hard it is when anxiety takes over your life . . . . when it stops you from enjoying social situations, keeps you awake at night, makes you feel so ill that you're convinced you've something major wrong with you. And you don't need me to tell you how isolated that can make you feel because you already know, don't you?

But there is a way out of it. A way through the dreadful symptoms that have an iron grip on you. And, believe me, ridding yourself of anxiety is an amazing feeling.

I decided to write this short report to remind anxiety sufferers like you that there are many different, simple ways in which you can help yourself. It isn't necessarily the big, complicated changes that have the greatest impact on your life. Sometimes it can be the most simple of new habits that bring astounding results.

## Two Little Tricks to Help With Your Anxiety

Sometimes it's little things such as these that have helped anxiety sufferers deal with their anxiety problems far more effectively than anything major.

Your anxiety probably didn't suddenly appear one day. It more than likely came on gradually, slowly creeping up on you. Maybe you didn't even notice it much at first. That's because each bad habit or thought pattern that you had (whether over days or years) slowly added to the way that your mind senses "danger" in the world. It's like a snowball effect, with each new "bad" habit reinforcing the others and adding to your anxiety levels.

Luckily for you, these bad habits can be reversed and you can learn new and better habits. It won't happen overnight but with persistence you will find that things will gradually change for you.

### Trick #1

Here's a little exercise for you to try:-

Pay attention to everything you're thinking today. Yes, really LISTEN to what's going on in your head. Are you convinced that you're anxious all the time? Are you always feeling really panicky? Always? I know it feels like that but I can almost guarantee that isn't how things really are. No one is anxious for every single second of every single day. It just isn't possible (even if it feels like it at times!).

So..... next time you find yourself thinking that you are "always" anxious (or depressed or whatever your main problem is) just stop yourself right there and firmly tell yourself that you are only anxious, etc. SOME of the time, and that it's ok.

As simple as that!

Sometimes you're not anxious, which is great, and sometimes you ARE anxious ..... and that's ok too! Remind yourself of this whenever you find yourself using that "always" word and feeling bad about yourself.

Keep this up for as many days as it takes to change your way of thinking. You'll be surprised at how quickly you can change old habits and at how good it will make you feel!

### **Trick # 2**

Do you ever have those scary feelings of unreality? That dream-like state when nothing seems real to you. Isn't it worrying to think that these feelings can happen to you at any time and you have no control over them?

Well, actually you DO have control over them and I can prove it to you.

Have you ever looked at a word that's written down and looked at it so many times that after a while it no longer looks as if it's spelt correctly? You know it's spelt right but it just doesn't look right. Yes? Ok then, try this little exercise and see how you get on:-

Hold your hand about 30cms away from your face, palm upwards. Now choose to focus on just one particular point on your hand. If you're wearing a ring or have an obvious scar perhaps, or a particularly deep line on your hand, this can make it easier for you to focus. Keep looking at that particular point for a minute or more. If you find your attention wandering, don't worry. Just go back to that same spot on your hand and keep focused on it.

Are you trying this now? What's happening? After a while things will start to look odd. You might find your hand looks fuzzy, or blurred perhaps. Or does it almost seem like it's moving? And then what? You'll probably find that it feels like you're in an odd and dreamy state where nothing feels real to you.

### **Well done!!**

This is exactly what you are trying to achieve! You have just induced a feeling of unreality, exactly the same as those you experience during times of high anxiety, only this time you've brought it on yourself. And the more you bring these feelings on yourself, the more you'll be able to overcome them when they happen spontaneously at other times.

So what does this prove to you? It proves that these feelings of unreality are feelings that you can bring on yourself - any time you wish to. You DO

have control over them and they don't need to scare you. After you have tried this exercise several times you will realize that the "unreality" feeling is just another symptom of anxiety and that it isn't really as scary as you think it is.

You might find that the first few times you try this exercise you find it quite scary to do. After all, your mind associates these unreal feelings with anxious moments from your past. Even if you have to give up half way through on your first attempt, don't worry. Try again another time, once you are more relaxed.

If you keep at it, perhaps trying this several times in a row and certainly every day if you can, eventually you will find that the feelings will change. It won't seem so bad to get that "unreal" feeling. You might even find that you enjoy it in a strange kind of way, or perhaps you'll eventually even find it funny. I do hope so.

This is all about desensitising you to the scariness of the feelings. It is the repetition of the exercise that brings the results so do please stick with it. If you can't get on with staring at your hand then try something else. Perhaps staring at yourself in the mirror or focusing on a physical object.

The more times you try this little exercise the easier it will become. And hopefully the more silly it will become for you! That's really great because that's exactly what you're aiming for.

Remember . . . . You WILL be able to overcome your anxiety . . . . . never forget that. There is no instant fix but you will get there in the end.

## Seven Simple Anxiety Help Tips

I'm going to run through some "little" things here that you can do to help get your anxiety under control.

None of them are momentous in their own right but, just as with anything else in life, an accumulation of little things can soon add up to a big result.

Ok, let's start.

### **The Paper Bag Trick**

If you are hyperventilating during a panic attack, place a paper bag over your nose and mouth and breathe slowly in and out as normally as you can. This traps the carbon dioxide that you exhale, so that you then breathe it in again, helping to restore the chemical imbalance in your blood. Cupping your hands over your nose and mouth is a reasonable substitute for a paper bag if you don't have one to have but it's not quite as effective.

### **Talk to Yourself!**

During times of high anxiety, reassuring yourself verbally, out loud, will be a lot more effective than just "saying" it in your head. You are far more likely to believe what you hear rather than what you think.

### **Avoid Negativity**

This one almost goes without saying. The less time you spend in the company of negative people, the better it is going to be for calming your mind. If you can't avoid them (at work perhaps) then don't take any notice of the negative things they are saying. Don't let it sink into your head. Brush it aside and let it go.

### **Go Easy on the Forums!**

If you spend quite a bit of time using online anxiety forums do make sure that you are talking to people who are focusing on their recovery rather than those who are just dwelling on their symptoms and bad days. Too much of the "wrong" forum interaction may have the opposite effect on you from what you had hoped for.

### **Avoid Cigarettes and Alcohol**

Both of these stimulants are just a prop for you, not a help. Once the initial “high” has worn off, the chances are that you will feel worse than before you took them. Do your best to avoid cigarettes and alcohol if you possibly can.

### **Go Easy on the Worrying**

Lying in bed at night worrying about all sorts of things will definitely stop you from sleeping well. Worrying in the day is nearly as bad. Try to get into the habit of using a Worry Notebook to jot your worries down as they come to you and then set aside a special Worry Time when you can focus on your worries and nothing else.

### **End Your Day Gradually**

Try to set aside an hour before bedtime to wind down gradually from the stresses of your day. Going to bed with the events of the day still whirling round in your mind will not produce a restful night’s sleep.

Ok, that’s seven simple anxiety help tips that you can easily add into your every day life without too much effort.

Don’t forget – small changes in your life all add up to bigger changes long term.

## 3 Simple Panic Attack Help Tips

If you think that there's nothing you can do to help yourself during a panic attack here are three simple panic attack help tips that you might like to try.

### **Prepare Yourself Beforehand**

Have you ever given any thought to preparing yourself for a panic attack BEFORE it actually happens?

When you are in a calm state, think about how it feels when you have a panic attack and then write down all of the things that you are afraid might happen. Make the list as long as you like.

Now take a close look at your list and, next to each of your fears, write down the opposite of them. These will be calming things which you will then have ready for when you next feel panic starting within you.

Use a small notebook that you can carry with you easily. Write down lots of soothing messages and positive affirmations in it, as well as calming things that you can do during a panic attack.

You already know that it's not easy to think straight during a panic attack, don't you?

So by having these calming reminders already written down, all you need to do is repeat them to yourself. No thinking involved! You'll have already done the hard work earlier!

### **Essential Oils**

You might also like to try using essential aromatherapy oils.

Lavender oil can have a really soothing and calming effect on you. It usually comes in very small tubes or containers so all you need to do is keep some lavender oil handy in your bag or your pocket in case you need it. Taking a quick sniff at the first signs of feeling anxious can sometimes be enough to calm you and perhaps even stave off a panic attack.

Frankincense and marjoram are two other essential oils that are known to help with panic and panic attacks. You can either smell them in their neat form or you can mix them with a carrier oil such as olive oil or grape seed oil. This then makes them safe to rub onto your skin if you would like to.

You can also combine more than one of your favourite oils with the carrier oils if you wish to. This is very helpful for if there is not one particular oil that you are drawn to.

### **Use All of Your Senses**

If you feel a panic attack starting to take hold of you, try to use all of your senses to REALLY feel, see, hear and smell what is going on around you.

This will help you to stay “in the present” rather than being sucked into the depths of the attack. Quite often when you start feeling anxious this can trigger memories of upsetting events from your past. You’ll then find that you start fearing that the same thing may happen to you again and so the cycle of fear and anxiety is prolonged.

By forcing yourself to concentrate on what is happening around you, whether it’s seeing the shapes and colours in the room or simply stroking a pet, you’ll be able to keep the focus of your mind in the present state and stop it from wandering into more fears and anxieties.

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There’s no doubt that suffering panic is very scary, particularly if you’re alone at the time or if the people you’re with don’t understand how you’re feeling. By doing a little bit of preparation beforehand and by trying these panic attack help tips at the start of a panic attack, hopefully you’ll be able to keep your panic levels down a bit and feel more in control.

I hope you have found these tips helpful. They are all simple things that you can gradually bring into your life on a daily basis.

Yes, of course, there is much, much more that you can do to help relieve your anxiety but this short report is not the place for me to touch on those many ways.

It may take you some time to find out what works best for you in reducing your anxiety. Sometimes it can be a long journey but it's definitely worth it in the end.

Recovery from anxiety *is* possible, as long as you begin to do things the right way and give yourself a little time. Once the habit of anxiety has set in, it takes time to reset your body's survival mechanism to a normal level where anxiety is not so close to the 'flight or fight' or full panic response.

A lot of anxiety is caused by habit and, like all habits, they can all be changed given time and a determination to do so. Changing these habits can be difficult at first but, once done, you'll look back and find you've created a new habit instead, one that is no longer detrimental to your life.

Please remember one thing: Take as long as you like on the road ahead. There is no such thing as an instant cure so it's far better to take your time and be successful than to try to rush things and then be disappointed at the results.

Good luck!