

How To Win Your War Against Anxiety Disorders!

HOW TO WIN YOUR WAR AGAINST ANXIETY DISORDERS

SELECTED TIPS - 76 PAGES!



76 Pages!

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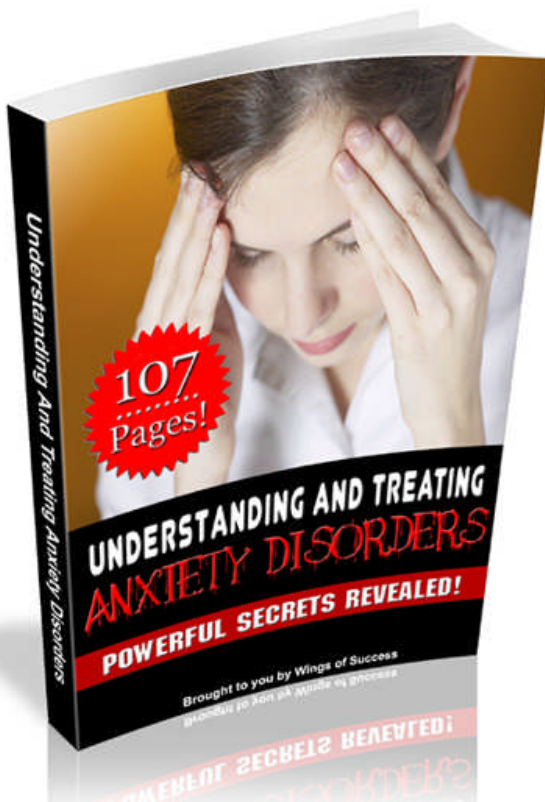
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Tips And Tricks For Relieving Anxiety...Fast!

Everyone feels anxious sometimes. Whether work is getting to us or we're simply having hard time managing all that we have to do, we can feel overwhelmed and worried that we might not be able to manage it all.

When these feelings hit, we don't have to suffer.

By taking some simple steps, you can begin to create a calmer attitude, one that not only helps you feel better, but one that allows you the chance to make better decisions about what you need to do next.

The more time you take to allow yourself to feel calm, the more natural serenity will become – as opposed to being stressed out all the time.

Reducing anxiety in your life doesn't mean quitting your job or not helping others in your life, either. Instead of avoiding stress, you simply need to learn productive ways to manage it.

And less stress also adds up to better health:

- Lower blood pressure
- Stronger immune system
- Fewer sick days

You owe it to yourself and to others to manage your anxiety when it hits you.

And here are the tools that will help you.

Take Some Deep Breaths

While we all breathe, most of us are breathing less effectively than we could.

When we are stressed out, we are far more likely to take shallow breaths with each inhalation. This is because our chests tighten up with shoulder tension and muscular tension, causing our breathing to be altered when we are feeling anxiety.

For some, this is an everyday occurrence, so they don't even notice it. But what is happening is that their bodies aren't getting enough oxygen.

And since you do need oxygen to live, this is a problem for your stress levels.

When your body isn't functioning at its highest capacity, and that's what happens when your cells don't get enough oxygen, you are prone to physical symptoms when under stress.

You might feel fatigued, unable to concentrate, and you will notice that you simply don't feel relaxed.

Instead of letting stress take over, you will want to try this breathing exercise.

Whenever you feel like things are getting a little too difficult, stop for a moment and close your eyes. Take a deep breath in, so large that your stomach begins to expand as you breathe in. Hold this breath for four seconds and then exhale for the same number of seconds.

When you breathe out all of your air, don't breathe in again immediately, wait a few seconds and then breathe in.

Repeat this as often as possible to help your body get enough oxygen and release muscular tension that can make you feel even more anxious.

You are also clearing out any stale air in your lungs, allowing your body to feel energized and refreshed.

Stop For A Few Minutes

When your To Do list is making you sweat, you probably just push on through anyways.

While this seems like a productive way to attack your responsibilities, you are actually creating more anxiety for yourself. As you continue to 'soldier on' with your responsibilities, your body creates more stress hormones, making you prone to react more aggressively to additional stress.

Think about it. When you're upset about something and then someone comes up to you with more bad news, you feel even worse about the additional news.

What you need to do is to stop the cycle of stress for a moment.

Whenever you feel as though you might explode, you need stop whatever you are doing and simply rest.

The world isn't going to end because you're not working every single second of the day. You are simply stopping the anxiety cycle and allowing your body a moment to feel the stress and then move on to do something about it.

This rest can be a few minutes or longer, depending on the time you have. You can do something completely unrelated to the stress you are feeling or you might simply close your eyes and try to block out the world.

However you 'get away' from your stress is fine, so long as you take these mini vacations throughout your day.

What you are doing is creating the opportunity for your mind to relax and recoup before it is given something else to think about. You will find that you are better able to make decisions when you give yourself a moment to stop.

You will keep yourself from just reacting to the responsibilities you have because you are dealing with one source of stress before heading into another.

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Some people like to:

- Go to the bathroom – It's a quiet place where no one is going to bother you, after all.
- Turn off their computers for a few minutes
- Play with their pets
- Look out the window

Just do something that isn't related to what you're doing and then you will be able to come back less stressed.

Write It Down

Often, we tend to 'catastrophize' the stress we feel. We think that we have much more to worry about than we actually do.

Of course, there are times when we are worrying just as much as we should too.

But if you find that your mind is racing and that you can not concentrate because you are anxious, it can help to write down everything you are worrying about.

You can use a special notebook or a plain legal pad to simply write down all of the tasks you need to complete or other things that are on your mind. This will help to separate your experience from the things that are weighing you down.

By seeing your responsibilities in front of you, you will get a clearer idea of how you can tackle them – often in a less stressful way.

Whenever you feel like you can't handle everything that's on your proverbial plate, write down what you're worried about. You can take this one step further by writing down why these things worry you.

- I'm afraid I won't be able to do this right.
- I'm afraid I'll get fired.
- I'm afraid they won't like me anymore.
- I'm afraid that I will fail and end up living in a cardboard box.

Be as silly with your reasoning as possible because it will help you release your stress as well as realize that perhaps you're worrying needlessly.

Some people find that writing down their worries at the beginning of the day gives them a better idea of what they need to do during the day to avoid stress, while others find writing down their worries at night allows them a chance to process potential solutions as they sleep.

Visualize

When you're feeling like you simply can't manage the things in your life, stop for a minute and visualize the way you wish things would go.

So often, we begin to visualize the way things could go – often the worst possible scenario. Instead, try to change your thinking to something more positive.

What you might not realize is that our brains can't always tell when they're in certain settings. It's been shown that people who think they're in a warm place and those who are actually in a warm place have the same brain activity.

That is, the brain can't distinguish between what it senses and what it is 'told' by the thinker.

If you are feeling anxious, try 'telling' your brain that it is something calm and peaceful.

For just a few minutes, close your eyes and pretend you're at your favorite vacation destination – whether you've been there before or not.

You might also want to visualize how you want a certain project or activity to work out. Picture yourself turning in that project and your boss being happy with the results.

The more you teach your brain to believe that things are going well, the more likely you are to follow through with actions that will create these results.

If you'd like, you can keep up prompts for your visualizations, like pictures of palm trees or a past vacation. These will help snap you into calm mode so that you can quickly retreat from your anxiety as you need to.

Visualization can also be done at the beginning of the day to help you plan out how you want your day to happen, or at the end of the day to work through problems you wished you could have handled another way.

Walk Away

While you can't simply run out of a stressful business meeting, there is something to be said for removing yourself from stressful situations – when you can.

When you are feeling anxious about a certain work project, you might want to allow yourself five minutes to walk away from your desk to talk to someone else in your office. This will help to distract you from your anxiety and to help you focus on something that's more calming.

Once your body begins to feel calm again, you can return to whatever you were working on.

Walking away can be a physical process of literally walking away from your desk or from the stressful situation or it can be a figurative practice in which you deflect the stress for a moment.

For example, if you are in a stressful meeting in which you don't feel like you are representing your side of the discussion in a productive manner, causing your blood pressure to rise, ask to continue the meeting at another time. This can help you have some time to regroup and to be more prepared for the other side's responses.

Other ideas for walking away include:

- Get up and get a glass of water
- Head to the local coffee shop
- Go get the mail
- Clean something up

Removing yourself from the situation will help you look at the stress in a far more productive and positive way.

And it's like giving yourself mini breaks throughout the day.

Distractions

For many people who suffer from panic attacks, they have to learn how to deal with stress and anxiety on a daily, even hourly basis. How do these people function without losing themselves in their stress?

Distraction techniques

When you are feeling anxious, your body begins to react in a physical manner. And if you are already upset, you might feel these symptoms and begin to feel even more anxious.

What you need to do is to interrupt your stressful feelings so that you can focus on feeling better, instead of feeling worse.

There are a number of ways to distract yourself when you are feeling the beginnings of anxiety or a full blown anxiety attack:

- **Be observant** - Look around you and find something to focus your attention on. Look at this item closely and try to find interesting things to examine.
- **Count things** - When you are in a setting that is upsetting, you can always count things around you to help take your mind off of your stress.
- **Ask questions** - Try asking someone a question that will take a long time for them to answer. This will give you something else to focus on, while also taking the spotlight off of you and your contribution.
- **Play a computer game** – Nearly every computer has pre-installed card games that you can play quickly without any loading time. Things like solitaire are fairly mind numbing and can keep your mind off of your panic just long enough to allow the physical symptoms to subside.

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- **Wash some dishes** – If you're at home when the stress hits, try doing a mundane chore. Not only will you have accomplished something, but you will need to focus your attention on that chore in order to get it done right.
- **Find license plates** – Some people become nervous when they drive, but you don't want to lose your attention in this situation. Instead, try increasing your attention by looking for as many different license plates that you can. Make a game of it to keep your mind off of the possible things that could go wrong on the highway.
- **Doodle** – As simple as it sounds, doodling on a piece of paper can help you remove your attention from your stress and put it squarely on this simple and mindless task.
- **Try affirmations** – When you repeat to yourself that nothing bad is going to happen and that all is well, your body will begin to relax – even if you don't believe it completely. Try writing it down on a piece of paper whenever your stress levels begin to rise too.

Just as you can distract yourself and forget about a food craving you have, by taking a few moments to distract yourself from stress can help you avoid an anxiety attack or just a moment of panic.

Take Control With Planning

Too often, when we are stressed, organization and planning get avoided. While this seems like a good idea as you feel that you don't have time to do one more thing, you might actually be increasing your stress by not taking control in these simple ways.

When you organize your desk, it's easier for you to find things, which can immediately decrease your anxiety levels. You've probably already found this to be true.

So, when you are under a lot of stress, you should stop and clean up your work area in order to allow yourself to feel more in control – because you will be.

At first, this might actually make you feel more stressed as you uncover things that you don't necessarily remember having to do, but as you begin to create an organization system, you will feel more on top of the things you need to accomplish.

Here are some simple organization and planning tips that will help you find a system that works best for you:

- **File folders** – When you have things that you need to organize and complete on a certain schedule, it can help you to have a few file folders to organize it all. Some people like to have certain colors of folders for certain priority levels. For example, if things are very important and need to be done today, they might go in the green folder. Or if you can do them later, they can go into a yellow file folder. And as you complete all of the things in the green folder, you can move to the other folders.
- **Have a tiny 'in' box** – Instead of simply throwing things in piles around your home or office, you should have an 'in' box that will hold all of the things that need to be addressed. But the trick with this is that as soon as you get new things to put into this box, you need to deal with it. It should be sorted into a file folder, thrown out, or filed in a cabinet, if necessary. This will help you keep your 'To Do' list manageable, plus it will help you tackle the most important things first.

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- **Use a calendar** – It doesn't matter if your calendar is a paper calendar or a high tech PDA, make sure you are writing down the things you need to do and when they need to be done by. This will help you see when you need to say no to new projects or when you might need to ask for help in order to get things done on time. If you want, you can also create quicker deadlines for yourself to help you ensure things get done on time.

What you are doing when you create an organization system is to empty your mind of the things you need to do.

Once you have a system in place that you trust, you can let go of the anxiety you have surrounding whether or not you're on track – you will already know.

Showers And Other Strange Fixes

When you are trying to quit a certain habit, some psychologists recommend replacing the habit with something that's unrelated to the previous habit. For example, if you want to give up snacking between meals, experts recommend keeping your hands busy.

The same kinds of tactics can be applied to your anxiety.

No matter where you are, there are things you can do that are in complete opposition of your rising stress, helping you change anxiety into something more positive.

And the more you change your thinking from panic to calm, the more quickly you will be able to get yourself out of a stressful mindset in the future.

Try some of these fun and strange fixes:

- **Take a shower** – When you are feeling anxious, your body tends to tense up and produce knots that make you feel worse than you already feel. Instead of letting your body tighten up, try taking a shower to loosen your body up. Not only will the hot water help your tension, but a shower is also a place where you can be completely alone with your thoughts. Have special soaps that smell good or a waterproof radio to turn your shower into a secrete getaway.
- **Craft time** – If you are artistically inclined, or even if you're not, try finding a craft you would like to do whenever you are feelings stressed. Even a simple coloring book can help you divert your attention from stressful feelings and help you feel relaxed. Maybe you can make holiday cards when you are feeing stressed or you can take out a piece of clay and sculpt it.
- **Laugh** – Whether you talk to a friend who is always funny or you stop to watch a recording of your favorite comedy, take a few minutes to laugh and to smile. You don't need to be slapping your knee in order to get stress relief, but simply making your body feel good will help to counteract the stress you are feeling. You simply can't feel stressed when you are smiling.

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- ***Play with a child or a pet*** – Since you don't want to be upset around either a pet or a child, you will help to reduce your stress immediately.

You can find your own fun stress reducing activities too. Figure out what makes you happy and feel better and then make sure to practice it regularly.

Talk To A Friend

One of the quickest and easiest ways to reduce your stress is to talk to a friend.

By simply calling them, you can begin to change the way you are thinking about your stress as well as how you might be reacting to it.

You can either talk to your friend about the thing that is making you anxious or you can ask them to make you feel better about the stress you are feeling. No matter what your friend says, you will be able to reduce the anxiety you feel.

Just by asking for someone else's help, you will be able to increase the chances that you will begin to feel better quickly. People like to help other people, so tell your friend that you're upset and that you need them to help you distract yourself from the feelings you are feeling.

Or you might want to pretend like nothing is wrong and let your friend talk about their life. Ask them questions and help them solve problems they might be having. This can often put your own problems into perspective and allow you to feel better about what you are doing.

You might also want to ask your friend for advice on what you are doing (or not doing) at the moment. If your friend is honest, they will show you any errors in your thinking and they might be able to offer you a fresh take on a problem you are facing – often showing you something that you missed because you were focused on your anxiety.

Have someone on your speed dial that you can call when your anxiety is too much. Or you can always talk to their voice mail or answering machine.

End Of Anxiety

Stress doesn't have to run your life. While we all will get anxious from time to time, you need to realize that this stress can actually be avoided and diminished with these simple tips and tricks.

Most of these ideas can be completed within minutes, allowing you to get back to the work you need to do or the people you need to talk to.

And while you might need to use more of these tips during certain times of your life, that doesn't make you a weaker person for it. Why be the person who suffers all the time when you simply don't need to be?

You can be in control of your stress, instead of letting your stress control you.

Managing the way you deal with stress will help you make better decisions and it will help you live a more satisfying and peaceful life – no matter how much you have to do.

Anxiety And Depression - Dealing With Life

Anxiety and Depression - Recognizing the Signs

Understanding the symptoms and signs of both depression and anxiety is a vital first step in treating these mental conditions. Treatment of depression and anxiety is not possible until the problem is recognized, and considering the impact either condition can have on a person's life, seeing that there is a problem is absolutely vital.

The Signs of Anxiety

Anxiety can manifest itself in many different ways. From a general feeling of anxiety, to phobias about specific things, the anxiety trigger can vary widely. But the symptoms tend to be similar across all cases, and can include:

Feelings very similar to a heart attack. Palpitations, racing heartbeat, chest pains, and trouble breathing are all possible. The symptoms of an anxiety attack can be remarkably like that of having a heart attack.

Cold sweats

Difficulties sleeping

Sudden feelings of doom, fear, or impending death

Stomach and bowel problems

In particularly severe cases, the sufferer may experience what is called a panic attack. This is an incredibly scary experience for the person having from it, especially if the person lives alone. This leads to the sufferer going to incredible lengths to avoid anything they think may trigger a panic attack. Almost anything can be a trigger, including the fear of having another panic attack! But in the end, it all generally leads to the same end result - isolation. Isolation from people, from experiences, and the outside world. This sense of isolation and fear tends to lead to - you guessed it - depression.

The Signs Of Depression

While everyone feels "down" or "blue" every now and then, true depression is orders of magnitude worse. Nothing seems right; nothing gives any hope to the sufferer. Depression can lead to suicide, homicide, drug abuse, and other anti-social behavior. Knowing the signs of depression are is very important, especially in the presence of other mental conditions like anxiety. Some of the more common symptoms of depression are:

Loss of interest in hobbies, recreational activities, and other activities that used to give enjoyment.

Feelings of sadness that last for more than a week or two

Hopelessness and guilt without reason

Suicidal thoughts or actions, a desire to die

Changing eating habits, either increased or decreased

A desire for isolation, solitude, or just to be "left alone" by people formerly important to the sufferer

Anxiety and Depression Treatment

Anxiety and depression both are very real and serious mental illnesses. Fortunately, anxiety and depression should be able to be effectively treated - but only if the symptoms and signs are both recognized and acted on. Counseling, medication, and psychotherapy can all help the sufferer get out of the vicious synergy between anxiety and depression and get their life back on track. Attempting to work through it by yourself, especially if suffering from the duo of depression and anxiety, is not recommended. Being alone and isolated with these illnesses is half the problem!

Anxiety Attack Symptoms - How To Deal With Your Anxiety

Every year, hundreds of people go to the emergency room with symptoms greatly resembling life-threatening problems. Thousands more experience the same symptoms but don't go to the ER. The things these people have in common are anxiety attack symptoms.

Recognizing Anxiety Attack Symptoms

The issue with recognizing anxiety attack symptoms is that they can closely mirror other much more serious problems. Anxiety attack symptoms often manifest as almost exactly the same symptoms as a heart attack. Obviously, this creates serious problems when the sufferer is trying to figure out which it is. For this reason, anyone experiencing the symptoms of a heart attack for the first time should seek immediate medical attention. A doctor will be able to quickly determine whether it is a heart attack or just anxiety attack symptoms. The danger lies in assuming it is an anxiety attack symptom if it is actually a heart attack. Seek medical attention unless you have a history of anxiety attacks and are SURE that that is all it is.

Life After Anxiety - Treatment Options

If you have been diagnosed with anxiety attack symptoms, there are some things you can do to help get through them. Often the best approach is to prevent the onset of anxiety attack symptoms in the first place. Since anxiety attack symptoms are brought on by anxiety, any exercise or activity that calms you can be used to stave off an anxiety attack.

Deep, regular breathing and/or meditation can be highly effective for some people in regaining composure, calm, and preventing the onset of anxiety attack symptoms. Losing yourself in a favorite activity can work in much the same way.

If you can, seeing a therapist can be very beneficial. In some cases, they can help you face your fears and phobias that are triggering your anxiety attack symptoms and overcome them. Remember, this kind of therapy can be very stressful and should only be performed with close supervision under a trained and licensed therapist.

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Hypnosis can be effective in some people in reducing the frequency of anxiety attack symptoms, and in some cases curing them entirely.

In addition to the treatment options described above, there are medical methods available, and are often the first treatment option. Using prescription medications in combination with therapy can be highly effective, especially in severe cases.

No matter what course of treatment you decide to try, get out there and do it! Left unchecked, anxiety attack symptoms often lead to withdrawal from the outside world in an attempt to avoid any triggers that might bring one on. This can easily lead to complete isolation and depression to be dealt with in addition to the anxiety attack symptoms. Getting yourself help is the first and most important step to getting your life back.

Some Easy Anxiety Cures

With all the pressures in everyday life nowadays, it is no wonder that the number of people suffering from anxiety is on the rise. Most anxiety can be traced back to stress in some form as the root cause. So to truly cure your anxiety, eliminating as much stress (and stress hormones) as possible is of paramount importance.

Identify Your Stress Factors

The first thing you should do is identify the factors in your life that are contributing to your anxiety. It is impossible to come up with an anxiety cure if you do not know the root causes in your life. Jot them down as you think of them. Then deal with each one separately.

If, like most of us, you have many different commitments all vying for your limited time, you are probably stressed from the sheer effort needed to juggle work, home, and maybe school as well. Sometimes the best anxiety cures are the simplest. Take a day off! Read a book, watch your favorite TV shows, lounge around. If you can't take a day off, try to listen to your favorite music while working, and take breaks during the day.

If you take the time to relax every now and then, you will be amazed at the difference you will feel, body and mind.

Watch Your Diet

You should also help take care of your body by eating properly. Make sure you eat plenty of green vegetables. Take multivitamins every day. These things can help you on your way to an anxiety cure by allowing your body to better deal with the stress hormone buildup from your everyday pressures and anxiety. Try to avoid lots of greasy or sugary foods, as these can lower your body's ability to deal with stress. But don't stress out over not being able to eat meat or whatever. Just try and increase your intake of vegetables and take your vitamins, but continue to eat the foods you enjoy. Adding stress over your diet would be counterproductive.

Meditation

Yoga and other meditative practices can be extremely helpful in dealing with stress and finding an anxiety cure. Allow time each day for some time meditating and you will see an improvement in your anxiety.

And most of all, get plenty of rest. Lack of sleep is the single biggest cause of stress and stress hormone buildup. Allow at least 7 hours per night for sleep, and then make sure you actually sleep for 7 hours. If you are suffering from insomnia or have difficulty getting to sleep, there are prescription sleep aids that can help. Talk to your doctor about your sleeping difficulties.

Anxiety Disorders, Panic Disorders, And The Synergy Between Them

Anxiety disorders and panic disorders can cause some truly awful feelings and symptoms. The symptoms of a panic attack can be extremely uncomfortable, such as dizziness, heavy sweating, hard breathing, and uncontrollable shaking. A panic attack is an exaggerated version of the human fight-or-flight response to danger. When you have a panic disorder, you may experience all these symptoms even though there is no actual danger to trigger it. An anxiety attack, on the other hand, has symptoms that often mirror those of a heart attack, including chest discomfort, tingling or numbness in the extremities, and an impending sense of doom. It is unfortunately all too easy for a panic attack to trigger an anxiety attack, or vice versa.

What Are Anxiety Disorders?

An anxiety disorder is present any time some form of anxiety interferes with your daily life. For example, you may be too nervous to go to the store one day, but be fine the next. People with anxiety disorders may develop various phobias, like claustrophobia. But in almost all cases, anxiety disorders are linked to specific fears of activities, situations, or events.

What About Panic Disorders?

In addition to the often differing symptoms when compared to anxiety disorders, panic disorders are usually diagnosed when these symptoms suddenly start and stop with no discernible trigger. This is extremely disheartening to the sufferer, since they cannot seem to control the onset of these symptoms, or avoid any noticeable triggers.

Anxiety and Panic Disorders Together

It is not uncommon for panic disorders to lead to the development of anxiety disorders, due to the constant stress and fear of having a panic attack. Often the panic attack will start being a trigger for an anxiety attack, and soon progresses to the point that the worry over having another panic attack is in itself triggering another anxiety attack.

Living With Anxiety and Panic Disorders

It can be extremely difficult to live a normal life if you suffer from either or both of these conditions. Even things like commuting to work become hazardous, as a sudden panic attack can make it difficult or impossible to drive safely. A sudden panic attack in the office can be both embarrassing and interfere with your work.

The biggest thing to keep in mind is that even though the symptoms of anxiety and panic disorders can be frightening, they don't actually cause physical harm. Think calming thoughts, and avoid dwelling on the symptoms. If you suspect you have a panic or anxiety disorder, you should visit your doctor. There may be medication that, in conjunction with therapy, can greatly ease or eliminate your anxiety disorder or panic disorder. Take up meditation, and try to eliminate as much stress from your life as you can. If you are working too hard, take time off regularly to relax and reflect. These are just a few of the things you can do to help reduce the effects of an anxiety or panic disorder.

Anxiety Medication – Be Careful And Easy Does It

With more and more people every year suffering from some form of anxiety disorder, getting a prescription for one of the many anxiety medications that are out there can mean the all the difference for many of them. But regardless of the specific medications used, there are some things you should take into account both before and during treatment.

Talk to Your Doctor

The first step is to go and talk to your doctor. He will likely have many questions to ask you as part of his diagnostic procedure. If he does diagnose you with an anxiety disorder, there are some things you should discuss before the prescription is written. If improperly prescribed or used, anxiety medications can be dangerous. Some things you should be sure and talk to your doctor about include:

Full medical history: Your doctor should have a copy of your full medical history. If not, be sure and discuss anything that you have been diagnosed with or prescribed already. Your family medical history and any medical conditions you have should also be brought up; certain anxiety medications can be dangerous to people with, say, a heart condition or predisposition towards one.

Any medications you are currently on: Provide a full list of everything you are taking to your doctor. Some anxiety medications can produce an adverse reaction in combination with other medications.

Addiction issues: Be sure and tell your doctor if you have had trouble with addictions in the past. While this will not preclude you from taking anxiety medications, it lets your doctor know that the course of treatment should be more closely monitored for signs of dependency.

Things To Keep In Mind During Treatment

Anxiety medications are fantastic for alleviating the symptoms of your anxiety disorder. But for the medication to have the most effect, there are some things to keep in mind.

Take medication as prescribed: This is extremely important. Some anxiety medications are cyclic drugs, which means they take time to start working. Do not stop taking the medication because it doesn't appear to be working, and don't take more than prescribed in an attempt to cause an effect. Follow the dosage amounts carefully, and pay attention to any special instructions, such as "only with food" or "2 hours before eating".

Report any side effects: If you experience any side effects, tell your doctor immediately. Some anxiety medications can cause serious side effects in some people. In some cases, emergency medical treatment may be required (such as a previously unknown allergic reaction).

Discuss any new medications: Make sure that the prescribing doctor knows about any new medications that you are using. This includes herbal supplements and over-the-counter medications. It is better to be safe than sorry when mixing medicines.

When properly used, anxiety medications can provide the help a person needs to get through their anxiety disorder and on the road to recovery. But improperly using or abusing your anxiety medication can cause serious problems, and may worsen your condition in the long run. So follow directions, and keep in touch with your doctor.

Anxiety - You Are Not Alone

Nearly everyone has experienced or will experience some kind of anxiety in their lives. It is completely normal to worry over your family when someone is sick, or that next bill when you are short on money. Final exams, that big entrance test, dream job interview tomorrow: all these things are a normal source of anxiety. But millions of people around the world experience this anxiety every single day - even when there is nothing going on to really worry about.

The latest figures released by the Anxiety Disorders Association of America say that there are an estimated 40 million people in America that suffer from some form of anxiety. With an estimated annual cost of \$42 billion, anxiety accounts for almost one-third of the total annual mental health expenditures in this country. There are many specific illnesses that fall under the broad "anxiety disorder" category, such as panic disorders, generalized anxiety disorder, post traumatic stress syndrome, and many others. The exact treatments for these disorders varies widely depending on the disorder itself and the circumstances surrounding it.

What Causes Anxiety Disorders?

Even with millions of cases a year to examine, we still don't understand what exactly causes anxiety disorders. While we have narrowed down the potential causes for generalized anxiety disorder (one of the most common anxiety disorders), scientists and physicians still don't know the exact reason it manifests in some people but not others. The most commonly held belief among researchers is that it is caused by a combination of genetics, brain chemistry, and environmental issues, such as chronic work-related stress, or sudden extreme stress such as the death of a family member. Withdrawal from drugs can also trigger anxiety disorders. If the cause in a specific case can be isolated, treatment can be more focused and effective.

Dealing With Anxiety Disorders

Living with an anxiety disorder is not easy. The symptoms can get so bad that people completely isolate themselves in their home, only leaving when absolutely forced to do so. This is a defense response, an attempt to avoid anything that triggers an anxiety or panic attack.

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Treatment usually consists of medication and therapy to work through the issues causing the anxiety disorder. Persistence is also required, as it can take years to be completely cured. Many people suffering from anxiety find that self-relaxation techniques, such as meditation or yoga, can be very helpful in dealing with the stress, and can be used to stop an impending panic or anxiety attack.

With 40 million people and rising suffering from anxiety every day, knowing the causes and what can be done to treat it is extremely important. But with patience and treatment, it is possible to cure this illness.

Bipolar Anti-Anxiety Medications – One Part Of The Treatment Puzzle

Anxiety disorders are one of the most common mental illnesses in America, with over 40 million cases reported last year. Unfortunately, it is not uncommon for anxiety disorders to be accompanied or triggered by bipolar disorder. When this is the case, special care must be given when devising a treatment plan for the sufferer. Bipolar anti-anxiety medications should be recommended in most case, along with regular therapy.

Understanding Bipolar/Anxiety Treatments

As with most mental illnesses being treated with medication, the bipolar anti-anxiety medication is just a part of the overall treatment plan. These patients suffering from both disorders tend to have an overall lower success rate in treatment than when the conditions exist singly, unless supervised very closely and monitored for changes. People suffering from both disorders are more prone towards suicide and substance abuse, and should be monitored accordingly.

Since the symptoms of either disorder can trigger the other, it is imperative that both disorders be treated at the same time. But special care must be given to the selection of medications when treating these two conditions concurrently.

Bipolar Anti-Anxiety Medications

When both bipolar disorder and anxiety disorders are present, medical treatment through prescription medications is almost always necessary. It is always the doctors aim to stabilize the mood of the patient through the use of bipolar anti-anxiety medications. This is necessary since the introduction of the normal anti-depressants that are prescribed for anxiety disorders can trigger manic episodes in someone with bipolar disorder if their mood has not been stabilized beforehand. Even if care is taken to stabilize the patient's mood before prescribing anti-anxiety medications, it is not uncommon for manic episodes to occur as a result.

Benzodiazepine, a form of tranquilizer, is sometimes used to treat bipolar disorder with anxiety disorders. They seem to treat the anxiety disorders symptoms without triggering manic episodes caused by bipolar disorder. The biggest problem with benzodiazepine is that, like any

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tranquilizer, it is extremely prone to abuse, and is habit-forming. Withdrawal from benzodiazepine can cause the disorders to return and even get worse.

Often the treating doctor will find themselves needing to change the patient's bipolar anti-anxiety medications to different combinations and dosages. Finding just the right treatment for someone suffering from both conditions is difficult, and requires close attention and frequent adjustments by the doctor.

Other Pieces of the Puzzle

While bipolar anti-anxiety medications are an important part of a successful treatment plan, they are not the only thing that needs to be done. Therapy is extremely important as well. The medications help the patient get through day-to-day life, while the therapy aims to combat the problem from its roots. In all cases, patients on a combination of bipolar anti-anxiety medications and regular therapy were far more likely to successfully combat their condition.

Child Anxiety Attacks – The Unreported Truth

Anxiety disorders can affect people of all walks of life, ethnic backgrounds, and age groups. Child anxiety attacks are not only possible, they are probably happening more than doctors realize. This condition seems to especially affect teenagers and can persist into young adulthood.

Symptoms of a Child Anxiety Attack

The symptoms of a child anxiety attack are generally the same as an adult having an anxiety attack would feel. A child anxiety attack may start with a psychological symptom, such as a persistent and strong feeling of dread or fear. This is then followed by physical symptoms, the same as an adult would experience: racing heart, chest discomfort, numbness or tingling in the extremities, et cetera. Also common among child anxiety sufferers are diarrhea, stomach pain, headaches, nausea, and shortness of breath.

Effects of Child Anxiety Attacks

Even though anxiety attacks generally don't cause any direct physical damage, the effects on a child's psyche can be very noticeable. Children suffering from child anxiety attacks often have trouble concentrating in school, and may show an overall lower ability to learn or make decisions. Often child anxiety attacks can be triggered by social situations, so the child may attempt to isolate themselves to try and avoid triggering a child anxiety attack.

There are many different kinds of child anxiety disorders: Obsessive Compulsive Disorder (OCD), acute stress disorder, social or general phobias, Generalized Anxiety Disorder, and adjustment disorders with anxiety, to name just a few. Many of these involve child anxiety disorders that focus on specific situations, people, objects, et cetera.

Helping Your Child

If your child is experiencing anything that you suspect may be child anxiety attacks, you should take them to see a doctor. He will be able to diagnose whether there is anything physically wrong, and if not, will be able to recommend some treatments that can help.

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Generally, child anxiety is treated the same way as adult anxiety: with medication and therapy. Your doctor will be able to prescribe medications that will help control your child's anxiety attacks. The therapy will help them to overcome the fears that are at the root of the child anxiety attacks.

At home, try and keep your child's life as stress-free as possible. Don't be overbearing or put too much pressure on them to be perfect. Don't argue with your husband or wife where they can hear you. Stress from a bad home life can really take its toll on a child's mind. Rather, make sure they feel loved and secure, and that they know they will always be loved even if they don't get that "A". You'll find that reducing the stress your child feels can help their recovery quite a bit.

Curing Panic Attacks – Take Back Control Of Your Life

Millions of people experience panic attacks each year. The symptoms are extremely uncomfortable, and can closely mirror life-threatening physical problems. Restlessness, nervousness, or feeling scared are common psychological symptoms. The physical symptoms can include chest pain, tingling or numbness in the extremities, racing heart, diarrhea, stomach pain, and headaches. Twitches or other involuntary movements are not uncommon. But there are ways to cure your panic attacks and find relief from these extremely uncomfortable and frightening symptoms.

Curing Panic Attacks - First Steps

Most doctors will begin the process of curing your panic attacks by prescribing anti-anxiety medication. This will allow a few things to happen: Your physical symptoms will decrease or go away. Your mood and mental condition will stabilize. You will be able to live again without fearing the onset of a panic attack.

Learning to Live Again

After you have gotten your feet back under you and the medications are working, your doctor will recommend a therapist. The role therapy plays in curing panic attacks cannot be underestimated. While the medications can provide relief from the symptoms, a true cure for your panic attacks can only come from within yourself. A therapist will help you work through the issues that are causing the panic attacks in the first place. It is very rare that a person has panic attacks without some underlying factor causing it. Only once these issues have been worked through will curing your panic attacks be complete.

Dealing in the Meantime

If you can't go see a doctor right away, there are some things you can do that can help you manage your stress and help control your panic attacks. Most of these are simply relaxation techniques of some form or another, so you can feel free to do whatever relaxes you best. If you can lose yourself in a game, for instance, that can be just as effective at staving off a panic attack as meditation.

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Deep breathing: In through the nose, out through the mouth, ten times, when you get into a situation that may provoke a panic attack or causes you undue stress. Do not hyperventilate. Ten, and only ten, deep, slow breaths, then take a break.

Meditation: Practicing meditation every day is a great way to relax and let go of some of the stress you build up every day. Proficiency at this can even help you control impending panic attacks by relaxation. Just begin meditating if you feel a panic attack coming on or in progress, and continue until it subsides.

Counting down: Count down from 100 whenever you start feeling like you may be having a panic attack. Focus only on the numbers, and try to relax. This can help you stave off a panic attack.

Cognitive Therapy

You can change the way you think, if you put your mind to it. If you approach a situation as a frightening one, then you will be frightened. Try to adjust the way you look at situations that provoke your panic attacks. If you can convince yourself not that you are no longer scared, but that the situation itself is no longer frightening, then you will no longer be scared in that situation. This process takes time, sometimes a lot of time, but is a sure way of curing panic attacks.

Discounted Anxiety Medications – Don't Spend Way Too Much For The Name Brands

For those of you not familiar with how the prescription drug manufacturing industry works, here is a quick and dirty overview:

Scientists working at prescription drug manufacturing companies perform research, experiments, and many trials to find useful substances and compounds. For every product that performs a beneficial and useful effect without too many side effects, there are thousands more formulae that failed. This means that the costs of developing a new prescription drug are absolutely staggering, running into the billions of dollars in some cases.

This means that the prescription drug companies must sell the new medication for extremely large profit margins over manufacturing costs to try and recoup the initial research investment. But consumers who need these medications, often for the rest of their lives, can't be made to pay these extremely high prices for the rest of their lives. Because of this unique situation, the federal government decided to try and reach a fair compromise that both the consumers and the drug manufacturing companies can live with.

Basically, after a certain amount of time, a drug becomes available for other manufacturers to produce using the formula originally developed, but the original company retains control over the brand name. Since a pill often costs only pennies to make, these "generic" manufacturers are able to sell the product for well under the brand name medication, and maintain a healthy profit margin since they didn't have to pay for the original research and development.

What this means for you, the consumer, is that you can often find discounted anxiety medications. These generic versions are usually sold by the active ingredient's scientific name; for example, the drug Paxil can be found in generic versions as Pyroxetene Hydrochloride.

But the old adage "you get what you pay for" can hold true to some extent even in the medical market.

Generic Anxiety Medication Precautions

Most major drugs for anxiety treatment now have a discounted generic version. While this is very good for your wallet, there are a few caveats to generic drugs that you should be aware of.

The manufacturing quality can vary widely between different generic discounted anxiety medications. While for the most part, they are subject to stringent quality control, there have been a few cases already where contaminants got into the manufacturing line and wound up in the pills. Some of the chemicals used in prescription drug manufacturing can be extremely hazardous, so use caution and report any side effects to your doctor immediately.

Before purchasing any generic discounted anxiety medication, talk with your doctor. Even otherwise fine generic anxiety medications can sometimes be slightly different than their brand name counterparts. The active ingredient will be the same, but the rest of the ingredients may not. These small variations can lead to one particular brand being more effective than another.

Even Hollywood Stars Can Have Panic Disorders

Often, people will look at Hollywood stars from a distance, and wish that they were so perfect and glamorous. But what people forget is that Hollywood stars are, after all, just people. They are no more immune to the problems that plague people than the rest of us are. And panic disorders are no exception. All sorts of people can have panic disorders. Men, women, children, business executives, and yes, Hollywood stars.

It can be interesting to read about Hollywood stars and their battles with panic disorders. As you can imagine, having a panic disorder such as stage fright can cause serious problems for a person who's career is based around appearing in front of large groups of people. The image any Hollywood star wants to project is that of calm confidence, and having a panic attack that is caught on film can shatter that image. But panic attacks can happen anywhere, anytime. Some Hollywood stars have admitted to having panic attacks:

Onstage, and forgetting lines or lyrics

On an airplane

Some recollect having panic attacks even as a teenager

Panic attacks caused by their status as celebrities

Panic attacks brought on by the constant scrutiny and photographs of paparazzi

In general, panic disorders are not particularly tied to any one event. There are many cases of Hollywood stars that have panic attacks, but never onstage, or not particularly tied to being onstage. Stage fright (the disorder) is a kind of anxiety disorder, not a panic disorder. The defining trait of panic disorders as opposed to anxiety disorders are that panic attacks can happen anywhere, anytime. So, while a Hollywood star may have a panic attack onstage, it's not because they were onstage. It just happened to occur while they were onstage.

It is good that Hollywood stars are willing to share their experiences fighting panic disorders. Their stories and how they deal with their panic disorder can help all people with panic disorders learn to cope. People are usually embarrassed by their panic disorder, and having someone so very much in the public eye come out and tell their experiences dealing with panic disorders can lessen that feeling.

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Ignoring your condition is the worst thing you can do. Seek treatment, and realize it is nothing to be embarrassed about. 40 million Americans each year are treated for anxiety and panic disorders, so you are far from alone. And if a Hollywood star, who depends on their public image more than most, can come out and tell the world that they have a panic disorder, you should be able to as well.

Using Interpersonal Therapy To Treat Panic Disorders

The process of using interpersonal therapy to treat panic disorders is one of learning how to interact with and relate to other people in a situation that makes you comfortable. Most people with social panic disorders have issues regarding their self-image and individuality. Most often these manifest as a tendency to avoid confrontations and play a submissive role, even when it makes them unhappy to do so. The "nice guy" who always does anything his social group asks of him as a "favor" is a classic example of this behavior. Even if he really doesn't want to run the errand, he is afraid of being rejected and begins to panic just thinking about it, and so does what was asked of him.

The practice of interpersonal therapy to treat panic disorders is common nowadays. The most important thing is to teach the person to be more assertive and express their true needs and feelings in a comfortable way. Always being submissive to others' wants can easily lead to a loss of self-esteem and depression as you see your own worth and needs as being less than those around you.

There are ways to be assertive without being aggressive, fortunately. Learning to be assertive means learning to place your own needs above those of others. It means learning to say "No" without having a panic attack. Aggressive behavior tends to result from a lack of assertiveness, which causes the aggressive person to lash out at those around them. But most of the time, people who aren't assertive simply let everyone around them have their way, regardless of their own feelings on what they want.

When going into interpersonal therapy to treat panic disorders, a lot of time is spent discovering how to express oneself verbally. You must learn to choose words that do not attack, manipulate, or belittle the other person. Part of the process is learning to tell people when you don't want to do something. It is also necessary to learn when it is appropriate to assert your wants over others' wants, how and when to say no, and generally just learning to communicate more effectively overall.

Another important part of interpersonal therapy is the time spent learning how to use neutral body language to maintain your non-submissive status without using aggressive body language. For instance, looking the other person in the eye when telling them something can mean the

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difference between being submissive and not submissive. You will be amazed at how much different your use of body language can make both you and others feel about you.

Most panic attacks are caused by panic disorders, which are in turn caused by ongoing anxiety. If you are the type of person that always gives in, is always submissive, then you are probably living in a state of constant anxiety that you will be asked to do something you really don't want to do. This can easily lead to simply isolating oneself from the group, in an attempt to avoid those situations. This is not good for you, and can lead to depression in addition to the panic and anxiety disorders.

The most important thing you can learn by going through interpersonal therapy to treat your panic disorder is simply that you have the right to your own feelings. No person can force you to do something that you don't want to. If you think that this article describes you, visit your doctor for a referral to an interpersonal therapist. You will never regret it.

Math Anxiety – It Is Possible To Cope

The modern high school student has to deal with many form of pressure. There is pressure from home and society to do well at school, while peer pressure encourages the pursuit of "coolness". There are the stresses that come with getting into college, with all the entrance exams and competition for limited scholarships to pay for it all. So it is no wonder that child anxiety disorders are fairly commonplace.

One form that child anxiety can take is math anxiety disorder. While nearly everyone has some difficulty with math, especially higher mathematics, math anxiety disorder is characterized by a child who is perfectly capable of solving the problems who simply freezes up and panics on tests. Math anxiety is fairly common, and can be overcome without too much difficulty as long as it is not symptomatic of some greater underlying anxiety disorder.

Part of the problem is that unlike most other disciplines, a math answer is either correct or incorrect. There is rarely more than one way to solve a problem, and just a rarely more than one correct answer. There just aren't very many areas where there are a range of correct answers. The precision required can intimidate and be difficult for even otherwise exceptional students. If your child has math anxiety, there are things that both you as parents and your child can do to help.

Get help early: If you are experiencing math anxiety, the best thing you can do is seek out help. Tell your parents and your teachers. Sometimes, with a little additional tutoring, you can overcome your anxiety before it becomes an issue during a test.

Take practice tests: If you are having difficulties at test time, have your teacher give you practice tests. Knowing ahead of time that you are capable of passing the test can go a long ways towards relieving your math anxiety.

Avoid cramming: Don't wait until the night before to try and learn the last month's worth of math. Not being absolutely sure of yourself and your knowledge of the subject being tested can easily trigger your math anxiety. You must KNOW before you test that you can pass the test.

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Meditation and relaxation techniques: Just as with other forms of anxiety, taking the time to meditate or perform other relaxation routines before the test can help a lot. If you don't go into the test jittery and anxious, you are far less likely to have a math anxiety attack. Go in relaxed and confident, and that test will be a breeze.

Using Natural Remedies For Panic Attacks – A Homeopathic Approach

While you may not believe it, using natural remedies for panic attacks can be just as effective as a prescription medication. These natural remedies are often better for you as well, with fewer or no side effects. Contrast this with prescription anxiety medications, which can cause all sorts of unpleasant side effects; some of the side effects commonly experienced are: heart palpitations, racing heart, dry mouth, sexual problems, constipation, and drowsiness. These are just the more common side effects. Also, in some individuals, these prescriptions can have the opposite effect they are supposed to, increasing anxiety instead of decreasing it.

using natural remedies can avoid these unpleasant side effects. It is entirely possible to feel calmer and have fewer panic attacks using these natural remedies. Unlike prescription medications, however, natural remedies are usually not approved by the FDA for the treatment of any condition. Just be aware of your own reactions to a natural remedy and stop using it if you experience any side effects that bother you.

A few of the natural remedies available for panic attacks are lemon balm, lavender, and passiflora. These herbs are said to be highly effective in the treatment of panic attacks and for general stress and anxiety relief. Most often these are available in products with other ingredients that enhance their relaxing effect. There is a particular brand of herbal mixture called Pure Calm. This product contains all three of the above ingredients, and is very effective at relieving stress and anxiety, reducing the number of panic attacks you experience.

Another name brand herbal remedy is called Panicyl. This product contains ginseng, ashwaganda, Rhodiola Rosea, and a mixture of various amino acids that work together to relax and enhance your mood by balancing neurotransmitter levels in your brain. This acts to reduce your anxiety and help with depression, which reduces the frequency and severity of your panic attacks.

Another herbal remedy that is well known is St. John's Wort. This herb is usually taken in capsule form to provide many of the same benefits as Panicyl, and has been proven to significantly reduce the frequency of panic attacks if taken regularly.

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Some of these products should not be taken with certain prescription medications, as they may produce an adverse reaction or interfere with the effectiveness of the medication.. Always talk with your doctor before starting on any homeopathic treatment plans.

When taken regularly, natural remedies for panic attacks have been shown to be as effective in some cases as prescription medications, but with a far lower occurrence of side effects. They are all available over-the-counter, and are usually reasonably priced. You can start taking them immediately. But if you are on other medication, always talk to your doctor before taking any of these natural remedies for panic attacks.

Panic Attack Medications – Hope For Many

Last year, there were some 40 million Americans treated for anxiety and panic disorders. If you are one of the many who are experiencing severe panic attacks on a regular basis, there are treatment options available that can reduce or eliminate the panic attacks. Don't let panic attacks rule your life any longer. Read on to learn about some of the panic attack medications available.

The most commonly prescribed panic attack medication is one of the various forms of antidepressants. These medications help to keep your anxiety and stress levels down to a manageable level. They also help with any depression conditions you may have, which is not uncommon in anxiety disorder patients. There is a chemical imbalance in your brain that is responsible for the magnified effects of everyday stresses. Two main neurotransmitters (serotonin and norepinephrine) are related to your mood, and these are the chemicals targeted by antidepressants.

While most antidepressants work by correcting the levels of these neurotransmitters in your brain, how they go about it can be completely different from product to product. The panic attack medications Zoloft, Paxil, and Prozac are all selective serotonin reuptake inhibitors. Xanax, Valium, Klonopin, and Ativan are all a class of antidepressant called benzodiazepines. Norpramin, Anafranil, and Tofranil are tricyclic antidepressants. Parnate and Nardil are both monoamine oxidase inhibitors. These last two types are prescribed much more rarely nowadays than the first two classifications of antidepressant. Knowing what type of antidepressant you are currently taking is very important, as some other medications, even over-the-counter ones, can react badly with certain classes of antidepressant. Always ask your doctor about any possible drug interactions.

All of these panic attack medications, while usually quite effective, can have some unpleasant side effects. Usually these side effects are most pronounced if your dosage is too high, they can occur at any dosage. The more common side effects of antidepressants include: dry mouth, constipation, dizziness, drowsiness, headaches, blurred vision, sexual problems, nausea, heart palpitations, racing heart, weight gain, nightmares, insomnia, and nervousness. While some of these side effects may be better than having panic attacks, if they are too much they can cause

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more stress than the medications relieve. If at any time you feel that the side effects are just too much, you should discuss changing your medication with your doctor.

Remember, everyone is different. All medication do not affect everybody the same way. What works for one person may not work for you, and it can take time and effort to find the panic attack medications that work best for you. Your doctor may have to change your panic attack medication several times, but with so many different antidepressant and dosages available to try odds are good that you will find the medications that work for you. And once you have found the panic attack medications that best control your symptoms, don't stop taking them just because you are feeling better. The medicines just deal with the symptoms, they are not a final cure for your panic disorder.

Social Anxiety Disorder

This disorder is only a psychological illness which influences many individuals and those dear to them. Often this might occur when a person is restricted and he is not in a position to enjoy his life the way he wants to. It can also occur through other ways.

This disorder can be classically characterized as a sturdy fear of facing the public. Some people feel very authentic and overwhelming and these are some of the physical symptoms that escort attacks of fear. E.g.: a person undergoing this disorder generally faces a problem with eating in the public. The person might also develop an inferiority complex and might be scared of looking ugly or sloppy and he gets choked while eating in the public.

This disorder varies from one individual to another. E.g.: some people might suffer only in few circumstances. People who undergo an extreme fear in public speaking can be a suggested example for this. Some others are afraid of speaking over the telephone, attending parties or dating. These people might turn out to be normal in the social situations.

In many severe cases of this disorder, the conditions imbue with all aspects of one's life. If a person suffers with extreme disorder then he might fear to go to school, have a problem in working at his office, or even getting out from home for a movie. Thus all forms of this disorder hinder a person to live his life, and those suffering with the extreme cases cordon themselves off almost from life entirely.

Some factors that make this disorder a hurdle, those individuals who keep away from the situations which trigger them. The most common symptoms of this disorder also include the headaches, blushing, nausea and sweating and shivering profusely. To avoid these from happening and also preclude from embarrassment, the people suffering from this disorder tend to do anything to keep away from triggers. Even if this sounds a brilliant way to avoid, consequently the person misses out the interaction with the outside human race.

This is quite a curable disorder as these people can go in for counseling, take medications to win over these fears. As this is a case with all disorders put together it is a grave condition and one cannot be recovered from this immediately. The individuals close to these kinds of people can advise them to exercise patience and meditate regularly.

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The dread of looking awful, getting embarrassed or scrutinized in public engulf and a grave condition can turn out is the major cause. Looking out for help is the better suggested solution to make sure a person lives his life to his fullest.

How To Deal With Social Anxiety And Depression

People who are experiencing depression and social anxiety together underestimate what they are capable of doing and they are also not sure who to ask for help to get them out of these kinds of feelings. Sometimes, people get so confused due to depression and social anxiety that they start hurting themselves whether or not they are in the right state of mind.

People who listen to others complaining about having depression and social anxiety together, take it as that they are just doing this to try and attract some attention towards them. But most of the lot who complain are actually telling the truth and are kind of asking your help to get them out of this situation. In fact, it is very simple to get some help for their problems. Most of the times, all they have to do are visit a doctor, not just a “shrink” or some therapist. The best way to deal with this kind of depression and social anxiety is by going and meeting a medical professional. Once you get to meet a medical professional, it’s just a matter of few weeks before you are completely cured of depression or social anxiety, but at times it may extend to a few years too!

Many people try to cure themselves of the depression and social anxiety on their own and avoid meeting a professional. Hence they start trying all kind of different types of remedies or therapies that they think might just work to help them with the depression and social anxiety problem; again on their own not going through any kind of insurance company or any medical professional. A talking session or therapy session is best way to start the curing process. Many people who have tried these find these talk sessions or therapy sessions quite beneficial most importantly when they had or have depression or social anxiety. But most of the people assume to try some method of medication (an herbal or all-natural way) right away. Moreover there are lots of types of supplements for curing people of depression or social anxiety in the all-natural way or herbal way. In fact, many stores in and around the country have the all-naturals medication for sale; like Walgreen’s, Wal-Mart or Shopko.

Relaxation training or meditation is yet another way people try to free themselves of depression or social anxiety. In relaxation class or meditation classes, they teach you how to tackle all kinds of stressful situations. Moreover, you are taught the way to determine whether the situation is made up in the mind or whether it is true and then they are taught how to conquer it.

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Whatever method you use to tackle depression and social anxiety, in the end you always manage to make yourself feel better, but the fastest method to cure yourself of depression and social anxiety is by meeting a professional! Any step small or big still helps you in the near and far future.

In Search Of The Ultimate Anxiety Relief

Anxiety causes several number of health problems in the society of today. These health problems make your body weak and hence vulnerable to many a number of maladies and diseases. To relieve themselves of all this anxiety and stress, people start searching for the best anxiety relief method.

Actually, the best anxiety relief is within you, and you can free yourself from tension and stress with the help of your mental constitution. Identifying the factors causing anxiety and stress and then taking the necessary steps to eradicate them is a good way to get anxiety relief.

Try and find out the things which bring up your tension and stress and note them down to have a record. Using this exercise, you'll be able to find out whether you need any professional help or whether you can cure it on your own. You should analyze all the factors and prioritize them too see which factor needs the best anxiety relief the most.

The things which bring up your tension and also which are under high priority need a mixture of medication, some counseling and self healing methods. Perseverance and hard work are needed to reach the best anxiety relief. The mental imbalance and environmental factors that has been accumulating all these years causes the person to suffer with serious anxiety. In these cases, a dedicated mind works best to deal with your problems.

A few times, psycho-counseling, medication and drugs can also be used to get the best anxiety relief. But that doesn't mean the self healing and home grown measures should be overlooked for stress relief. Sometimes, it can be something as simple as going on a diet. Increase your liquid intake and reduce your intake of caffeine beverages and high sugar.

The two oldest techniques for healing your body is yoga and meditation, many people claim to get the best anxiety relief from that too. Maintaining a regular exercise to reduce your anxiety and stress, and avoiding alcohol also helps to reach the best anxiety relief. But the best anxiety relief works best with a good night's sleep. Try sleeping at least 7 hours per day.

Having a relaxed surrounding at your home by maintaining good relationship with your family also helps to reduce stress. If you find any problems at work or with your family, try to get a

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solution as soon as possible. Controlling your anger is one of the most important things as anger is one of the triggers of anxiety.

Of all the methods of anxiety relief, the most useful way to control stress is by practicing tolerance and patience. Although it is tough for you to get these things, try making a conscious effort in all your thoughts and actions to practice them.

Panic Disorders In Adolescents

It can turn out to be a difficult task to make a diagnosis of panic disorders in the adolescents, as their behavior is very unpredictable. They do not communicate well with people and thus the parents find it very difficult to know what exactly is wrong with their kids. The parents thus come to know this only when their kids undergo a panic attack. The adolescents are always troublesome and hard to put up with during their anxiety, panic or worry.

Life is hard -hitting without having to be a teenager. The roles of hormones are intense and also the brain is fabricating an excess of too many chemicals. The studies made report about the panic disorder in teenagers as, they are being sorted out as what is normal and the reason for the disorder can be tough. News which makes us all happy is that this disorder can be treated and are curable.

Some of the symptoms the adolescents (suffering from this disorder), undergo usually are the:

- * Increase in the heart beat count
- * Woozy
- * Difficulty in breathing
- * Wobbly
- * Perplexity

This disorder if present among the adolescents many also produce other behavioral problems. E.g.: The teenager may refuse to mingle with people and may not get out of the house. They will have trepidation of associating as they would not want to get a panic attack when facing their friends. These teenagers are vulnerable to depression also. They might also have a problem or any trouble at their school and often fear for unnecessary things.

The panic disorders are difficult to be identified in the teenagers, but if you recognize the problem as soon as possible then it will not be a difficult task to address the trouble. When one thinks that a teenager is suffering with this disorder then he must not hesitate to take the concerned person to the medical doctor for physical evaluation. If there are no symptoms found for the panic attacks then you must visit a psychologist.

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When the parents are trying to get their children to overcome this problem then he must bear in mind the child's interpretation of life. This may occur to an adolescent for because of various reasons. The frustration with their living or the problem of self esteem might be few of the reasons for the panic attack in youngsters. One sees his child very vigorous and pretty but the child may not feel the same.

There are treatments available to cure the disorder among adolescents. These comprise the physical, mental, spiritual and cognitive treatments. These teenagers learn to hack it with the disorder and change their life style and way of thinking so as to reduce the tendency of worry. They can be cured with proper treatments.

Panic Disorders

Everyone of us undergoes the moments or the periods of apprehension in our lives, but these are generally associated with some causes that can be easily recognized. On the contrary these panic disorders are differentiated from the others as they occur unanticipated without any reason which cannot be identified. There are people, who for fun say that they experienced a panic attack and in real these attacks can get very stern and devastating while it occurs. They can last for a long time or even for a few minutes.

It is vital to know that anxiety is only a customary reaction that one feels as a mental or a physical threat. If it is a normal anxiety the tension disappears very soon, but if its a panic disorder then there can be no real grounds and nothing can be eliminated. This means that fear can get repeated and cannot be resolved very soon.

There are certain symptoms that are present which delineate a panic attack. E.g.: one can have a problem in respiratory system or a trouble with the heart; profuse sweating, stomach upsets, dizzy feeling and some also have a chest pain. Generally this attack makes a person feel asphyxiating. The disorder is well diagnosed only when the above symptoms crop up more than twice and when worries continuously that he will be affected by another attack.

These disorders do not relate to a precise activity. This is the place where individuals tend to use the terminology in the wrong mode. If one has a problem in driving on the thruway and panics in the situation of having required doing so, then he probably must have an anxiety disorder or a phobia. The disorder can happen without a cause. They are not caused due to any medication or illness. The fear of panic disorder itself makes it difficult to treat.

They may also show up the symptoms in an irregular manner. One can have this once a year or even once a week. One should not think of the experience as it may lead to perturbing about having another attack. One can go with the prescription given by the doctor for a breathing problem etc , but being in good health one worries about the panic attacks then there are possible chances that he is prone to panic disorders.

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This disorder can be treated as there are a large number of treatments available. They comprise the following:

- *learning to relax
- *having a control over your thoughts
- * And also learning to control your physical Emotions

If one has a strong control over his body and mind then he can learn to cope with panic attacks in a way that it reduces the dread and trauma. There are people who take up combinations of exercise and counseling to cure the panic attacks all together. As they don't relate to a specific cause one has to learn to control the anxiety level in daily life to avoid the panic attacks.

Sertraline For Panic Attacks

It has been discovered that setraline introduced is very effective as it helps individuals in reducing the depression and anxiety he / she undergoes. It is also efficient for the people who undergo panic attacks. There are many other medications too that can be taken to overcome this panic attack, but setraline is suggested as it is less prone to side affects.

The most widely used medicine for the panic attacks are the serotonin reuptake inhibitors (SSRIs) that comprises of the medications such as the Prozac, Zolosoft or Sertraline and Paxil. Xanax, Ativan, Klonopin and Valium are the Benzodiapines; The Try cyclic antidepressants such as the Parnate, Nardil, Marplanm, and monoamine oxidize the inhibitors like the Norpramin, Anafranil, and Tofranil. The Benzodiazepines and the SSRIs are found to be largely effective in treating this panic attacks. Sertraline is considered the best medication amongst all the other drugs.

A research was conducted by the Pohl RB, and they have reported to the American Journal of Psychiatry that Sertraline in the treating the panic disorder is a double bind multicentred trail. In the year 1998, an issue proved that sertraline is the best medicament. The double bind research was randomized and there was a parallel group designed to ensure that the outcomes are valid and consistent. This team compared the Sertraline to that of a sob. A horde of 168 patients suffering from panic attacks were estranged into two sets. One group received the Sertraline and the other got the placebo. The set which got the sertraline as the drug to be taken, received 25mg per day for a week and the research begun depending on the individual. Every person was assessed each day to analyze how the dosage affected the symptoms, when the panic attack occurs, and the period the anxiety or the attack lasts, and the side affects.

The domino effect showed that only 9% of the group stopped using the sertraline to cure the panic attack as it gave side affects. A minute percentage stopped taking the medication as it did not work for them. A very large percentage of people experienced a great change and it has decreased the extent of panic for them. The study said that 62% of the partakers did not undergo any kind of panic attacks in the end. Other results reported that there was a decrease in the symptoms before and after they experience the attack. For the best results dosage of sertraline must be given between 50 mg - 200mg.

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The use of sertraline for these panic attacks can be prescribed by the doctor. One will have to get an appointment for evaluation and analysis. The doctor may also refer you to the psychiatrist if he personally feels that you need to be monitored better.

Social Anxiety Disorder

The social anxiety turmoil can be nothing but the dread an individual faces in many societal circumstances. This is otherwise termed as social phobia, where the fear arises when we perform something for others to view, judge or condemn us. Those people who undergo this disorder are generally scared about, what the public will comment if they do something erroneous and also fear that they might get embarrassed in front of the society. As this is the case, the person will altogether try to stay away from the social get together or meetings or if they are present there, they will undergo an extreme distress. There are people who fear the situations even before the event takes place. This is termed as 'anticipator anxiety' and though the person realizes it is an unwanted fear they will not be able control themselves.

People who suffer from this disorder are petrified of giving a speech in the public or putting up any show for the public to view. Some others even fear of drinking or eating, or even working and they are scared of being the centre of attraction. They fear to ask questions and also fear of giving their suggestions. A person suffering from this may have all the symptoms or only a few of them. If the person does not take any measures to overcome this then his routine life will also get affected though it is school , work place or in any situation

This is a common disorder and more than 19 million Americans are being affected by this. The ratio between the males and females who suffer from this disorder is around seven. This may affect a person in his childhood, or in his teens, or sometimes even in his adulthood. A kid, who begins to suffer from this, is generally reserved and refuses speak to people other than his family. There is no high rate of analysis for this disorder as doctors themselves find it a difficult task to deal with it as sometimes the general shyness and social disorder are alike.

There are treatment and therapy available to cure this disorder. Many individuals do not go for these as they are scared of the symptoms causing the disorder such as embarrassment or dread of moving with others. The physical symptoms that arise are the sweating, anxiety, nausea and confusions.

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The disorder may also be inherited from the genes. Generally if parents suffer from this their children may also be influenced. Another possible cause for this might be if something embarrassing has happened once in our life.

Social Anxiety Treatment

If you are 1 out of the millions of people experiencing social anxiety and you are feeling really helpless feeling there is nobody to help you, then you are wrong. There are many more people suffering from this disorder. You have a chance of being hit by social anxiety if you have a problem with extreme shyness.

A few things that make the social anxiety patient fearful and stressed are:

- Being teased or criticized
- Getting to meet new people
- Having all the attention
- Seeing people who work in authorities position (some important people like supervisor)
- Being watched while working on something
- Most of the social gatherings
- Having interpersonal relations, friendly or romantic

You might be having social anxiety if these symptoms apply to you and the way you feel being social. Don't lose hope and think that you are the only person having this problem and no one will come forward to help you. There are quite a few types of successful social anxiety medicine available today.

Cognitive-behavior therapy is one of the leading successful types of social anxiety treatments available today. Basically, cognitive behavior works with the brain and how and what we think. Since how we feel seems to be the major part on social anxiety, this therapy is a really good way of treatment for social anxiety. It teaches us on new ways of thinking and how to behave in social places. Cognitive behavior is widely used and is being recommended by lots of psychologists and therapists.

Cognitive behavior therapy has a chance to produce some long term changes in our lives but only when used consistently and hence this cognitive behavior therapy has been very successful as a treatment for social anxiety. But this result can be obtained provided the patient has no such health issues as dementia, brain damage, Alzheimer's disease which might contribute to social anxiety. This cognitive behavior therapy will tell upon many types of

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cognitive times in our lives, which helps with our beliefs and new thoughts that comes up in our brain.

Medication is another treatment for social anxiety which is most of the times recommended with cognitive behavior therapy. Anti-anxiety, anti-depressant drugs, beta-blockers are few types of medications for physical symptoms which are helpful for social anxiety. Though there might be a feeling on the 1st day of taking the anti-depressant, it takes a few weeks for the drugs to act on the brain and the body and produce an actual effect on you. Medication actually just helps to lessen the anxiety while undergoing the therapy and does not completely cure the social anxiety. Medication must not be taken in your treatment for social anxiety alongside with the therapy. The therapy can be availed as an individual or group therapy. Only a trained therapist can recommend what you need best based on the needs.

Social Phobias Anxiety Medications

People having social anxiety disorders most of the times find themselves not having a peaceful life. People suffering from this condition can be plagued by fear of scrutiny, failure, rejection and even ridicule. These people move away from social situations and miss enjoying their lives to its fullest. The patients are often prescribed medications for social phobias anxiety to overcome the symptoms and continue with their lives. To make the symptoms at check, several levels of medication can be used to make a really big impact and this helps people to get their lives going on.

In many cases, depression can also be treated using the same medications used for social phobias anxiety. Two of the major anti-depressants used for treatment of social phobias are Selective Serotonin Reuptake Inhibitors, Monoamine Oxidase Inhibitor anti depressants.

SSRIs – The Understanding

Medications for social phobias anxiety in SSRI type functions by stopping serotonin, a neurotransmitter from getting reabsorbed into particular cells of the brain. This ends up leaving more amount of serotonin in the brain. Issues with serotonin are being connected to depression and anxiety disorders.

There are many brand names for SSRIs. Medications for social phobias anxiety such as Zoloft and Prozac are SSRIs

MAOIs – The Understanding

Similar to SSRIs, MAOIs function by inhibiting some chemical activity in our brains. MAOIs medication for social phobias anxiety prevents the breaking down of a chemical called monoamine, again leaving more of the chemical at the brain. This type of medication for social phobias anxiety is used for curing social phobias disorders, depression and many other types of mental health concerns.

There are many numbers of names for MAOI drugs such as Nardil, Aurorix and Marplan.

The Importance of Medications

Medications for social phobias anxiety are just one part of an overall treatment for this condition. Social phobias can sometimes be overcome when left untreated but most of the times they might tend to become worse, hence therapy and medication are both important.

Therapy actually just gives the persuasion to the people having social phobias so that they are able to cope up and overcome the phobia. For people to cope up with the symptoms, medications are used, and so are they freer to undergo the needed therapies.

The patients are also given exercise for building up their self esteem during therapies as it is crucial while tackling with social phobias.

Medications for social phobias anxiety are considered priceless for treatment. Scrutiny, fear of rejection, failure and more plagues a person and makes him avoid interaction, and hence quality of life degrades. Using the right treatments, social phobias can be cured and people can regain control of life and enjoy it once again.

What Kind Of Social Anxiety Medicine Is Available?

Many a times when people are being checked for any problems of social anxiety, they are not sure what it actually is. Hence, they think they need some medicine for social anxiety as they are being checked an examiner. In most of the cases, the patients would already have social anxiety quite bad enough that the medical examiner will right away suggest some medicine for social anxiety.

Before taking up some medicine for social anxiety, the person should try and get information about the medicine, most importantly the side effects caused by the medicine as it can sometimes lead to some unwanted situations. Due to the large many types of medicines for social anxiety available, the person taking the medicine should be given a few samples of all types of medicines before coming into conclusion on the final prescription to be prescribed. Inevitably, the amount of medicine to be taken can be determined only by the examiner and so is the type of medicine which fits best.

When told to take social anxiety medicine, most of the people tend to take the cheapest way possible and finally just care about the effectiveness. This leads to people going for natural ingredients and herbs 1st and then moving to other methods if natural ingredients are not effective. Natural supplements are used only for a few particular reasons. Many people actually prefer to use natural ingredients of the medicines prescribed by the doctors due to the reason that they aren't addictive as the medicines prescribed by the doctors.

Against the general belief of the people, there are actually a few types of natural medicines for social anxiety available. Seredyn is now one of the popular brands/types for supplemental social anxiety medicines. It is long lasting and fast acting medicine for relief from social anxiety. A single dose of Seredyn will relax you and instantaneously give you a calm and confident attitude. Most important of all is that, Seredyn is a non-addictive medicine and hence clears the problem of withdrawal symptoms. Moreover, there is no need to obtain a medical prescription for buying this medicine as this is a natural supplement.

Similar to this, yet another medicine for social anxiety is PureCalm. This is a medicine adept for adults and kids too and is completely herbal and non-addictive. PureCalm has lots many types of uses. A few of them are to promote the inner calmness of the person naturally, give healthy

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feelings to the person, and balance emotions of stress and pressure and also to relax from irritability and restlessness.

1st time or continuously, taking medicine for social anxiety is absolutely rewarding in the last. Happy feelings are definitely worth over the miserable feelings.

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