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Why Do People Have Panic Attacks?

People with panic disorder have recurring, unexpected panic attacks. You might not know why you have panic attacks, but they can occur for no apparent reason.

Some people have panic attacks when they're very stressed out. Others have panic attacks after a traumatic event, like losing a loved one. Still, others have panic attacks when they feel overwhelmed by problems at work or school.

Family history of panic attacks and depression can also play a role. If either parent had a problem with anxiety or depression, their children are more likely to inherit those traits.

If you have panic attacks frequently, it's important to talk to your medical care professional about whether you need treatment.



Treatment for Panic Attacks

A mental health professional can make a diagnosis of panic disorder. This mental health condition can also affect your physical health. This health professional will assess this mental health condition and recommend treatment options.

If they have diagnosed you with panic disorder, your doctor may prescribe medications to help reduce your panic attack symptoms. If you have been prescribed antidepressants, your doctor may adjust your dosage or change your prescription.

You may also need to see a therapist. Therapists can teach you coping skills to manage your emotions, and they can help you understand your feelings better.

Therapy can also help you learn ways to cope with situations that trigger panic attacks. Negative health complications associated with panic disorder include:

1. Heart disease
2. Stroke
3. High blood pressure
4. Diabetes
5. Migraines
6. Other medical conditions

Panic attacks can lead to other psychiatric problems, including depression and substance abuse with recreational drugs.

Certain events often trigger panic attacks in your life. Learn how to identify these triggers and avoid them.



Learn More About Panic Attacks

Panic attacks happen suddenly and unexpectedly. But there's nothing wrong with you. Stressful life events like major life transitions, job loss, relationship breakups, death of someone close to you, or moving can all be triggers for panic attacks during our normal lives.

Don't worry though! Panic attacks aren't dangerous. They don't mean you're going crazy or anything bad is happening to you. In fact, panic attacks are just a normal part of everyday life for many people.

But what happens next is different for everyone. For some people, panic attacks go away on their own within minutes. Overwhelming feelings or having a feeling of dread can last longer than a few minutes.

For other people, however, panic attacks can last hours, days, weeks, months, or even years. And sometimes panic attacks come back again and again.

An estimated 2-3% of Americans have panic disorder at some point in their lives. ([med.upenn.edu](https://www.med.upenn.edu)).



What Is The Difference Between A Panic Attack And An Anxiety Attack?

Anxiety disorders are characterized by excessive worrying and/or fears. These worries and fears usually involve things like thinking something terrible could happen, being afraid of doing something embarrassing, or fearing that you're sick.

Having a fight-or-flight response doesn't mean you have an anxiety disorder. It's important to know the difference between normal stress responses and feelings of anxiety, so you get the right treatment.

Here are some common signs of anxiety:

- Feeling nervous, worried, tense, or uneasy
- Being easily startled
- Not sleeping well
- Feeling restless or irritable
- Having trouble concentrating
- Having thoughts about death or suicide
- Getting angry more easily than usual



Mindfulness Activities to Improve Your Quality of Life

Relaxation techniques can help you manage stress and improve your quality of life. Here are some mindfulness activities that can help:

- **Meditation**

Meditating helps you focus your attention on the present moment. You can do it anywhere—even while driving, cooking dinner, or watching TV.

Try sitting quietly for five to 10 minutes each day. Focus on your breathing, noticing any sensations in your body. As you breathe in, notice the air entering your nose, mouth, and lungs. These grounding techniques help calm your mind and reduce stress.

- **Yoga**

Yoga is another great way to relax. It focuses on stretching and strengthening muscles, improving flexibility, and calming the mind.

Try yoga poses like the downward dog and the cobra pose .

- **Exercise**

Physical activity releases endorphins, natural chemicals that make us happy. Exercise also boosts serotonin levels, which reduces depression and improves sleep.

Try walking, swimming, biking, dancing, hiking, running, or playing sports.

- **Deep Breathing Exercises**

Deep breathing exercises can help you cope with stressful situations. Try this exercise:

Sit comfortably in a chair or lie down. Close your eyes. Take several deep breaths through your nose, counting slowly to four as you inhale and then exhaling slowly to eight as you exhale. Repeat this process three times.

Breathe into your stomach area . This will help release tension and anxiety.

- **Progressive Muscle Relaxation**

This technique involves tensing and relaxing specific parts of your body. Start by taking long slow breaths. Then tense your face, neck, shoulders, arms, hands, legs, feet, and toes. Hold these positions for at least 30 seconds. Release your tension by letting out all the air in your lungs. Relax completely before starting over again.

- **Mental Imagery**

Visualization is a powerful tool for managing stress. Imagine yourself in a safe place, free from worry and anxiety. Social situations can be especially difficult because we rarely want to think about what might go wrong. But imagining yourself in a positive social situation can help you prepare mentally for stressful events.

Imagine yourself talking to friends or family members. How would you act? What would you say? Would you enjoy yourself? If not, why not?

- **Write Down Your Worries**

Writing your concerns can help you organize your thoughts and gain perspective. Your daily life doesn't have to revolve around your worries.

- **Journaling**

Keeping a journal about your daily activities can help you identify patterns in your behavior and feelings. Journaling can also give you insight into how you view yourself and others.

Keep a diary of your experiences. Record your moods, emotions, and behaviors. Write your thoughts and feelings.

- **Focus On What You Love To Do**

When you think about all the things you love to do, you can enjoy yourself without getting stressed out.

Practice gratitude. Think about all the good things in your life. Count your blessings.

Learn how to say no.

According to a study published in December 2013 in the journal Behaviour Research and Therapy , its effects lasted as long as two years after the initial treatment. (everydayhealth.com)



What Is The 3 3 3 Rule For Anxiety?

The 3 3 3 rule for anxiety is simply this: when faced with a challenging situation, ask yourself whether it's worth worrying about. If the answer is yes, ask yourself whether you should worry about it. If the answer is still yes, ask yourself whether it really matters. If the answer is no, stop worrying about it.

If you're worried about something, try to figure out why you are so concerned. Ask yourself whether there's anything you can change about the situation.

A single panic attack does not mean that you have panic disorder. However, if you have over one episode of panic attacks, you could have panic disorder. It is important to seek treatment for panic disorder. Treatment includes medication and/or psychotherapy.



Can You Have Anxiety All Day?

Having a racing heart , sweaty palms, shaking, feeling like you can't breathe, and other signs of anxiety are normal. They usually last less than 15 minutes.

Anxiety isn't always bad. Sometimes it helps us focus on what's most important.

But if you notice that your anxiety lasts longer than usual, talk to your primary care provider. He or she can help you decide whether you need medical care.



Conclusion

How long can panic attacks last? Major stress can trigger panic attacks. These include major changes in your life, illness, death, divorce, loss of job, financial problems, relationship difficulties, moving, and starting school or college.

Panic attacks can occur of day or night. They come on suddenly. People who have panic disorder sometimes get minor attacks even though they aren't under extreme stress.

It is possible to learn to control against future panic attacks. There are many treatments available.

Panic Attacks in the News

Nadiya Hussain health: TV chef 'riddled' with health condition - symptoms

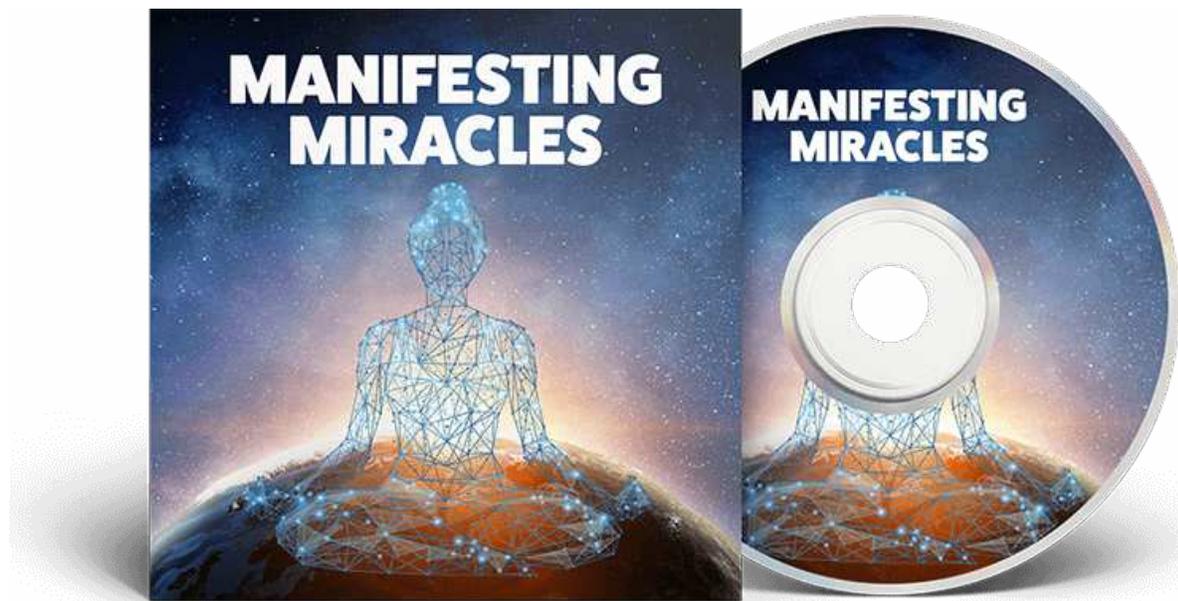
Source: (express.co.uk).

Agot Isidro overcomes panic attacks triggered by Colbie Caillat song

Source: (mb.com.ph).

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Here's What People Are Saying...

"A new person who can conquer anything..."

"I literally cried while listening to this, I almost never cry while listening to anything. After the guided meditation session, I feel almost like a whole new person who can overcome anything in this world.. I feel lifted, spiritually full, and full of gratitude and love. Thank you so much!"

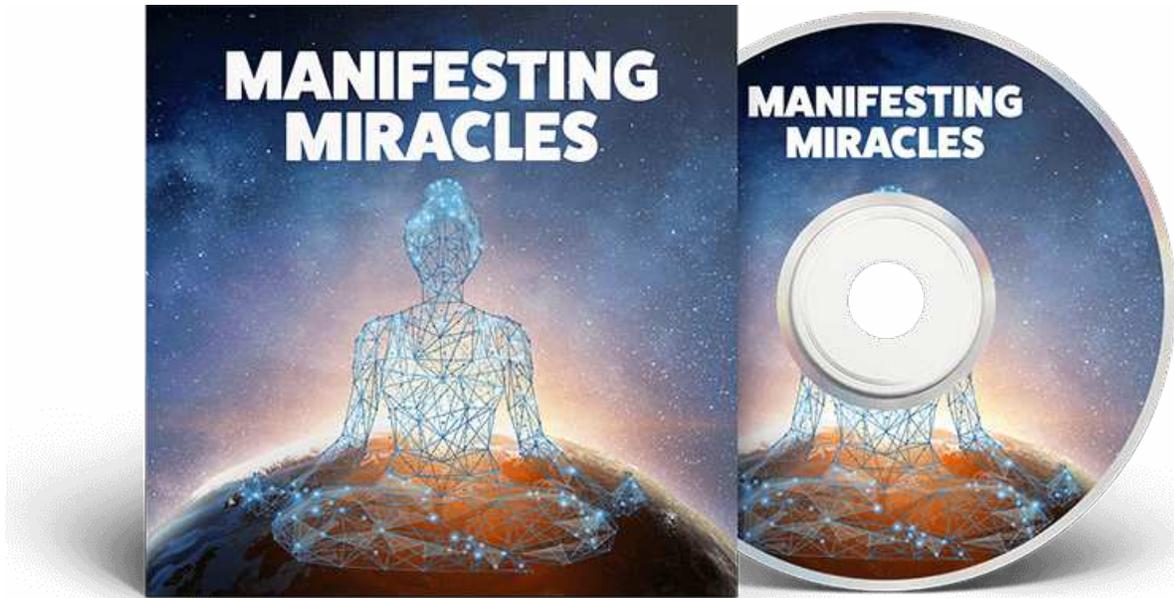
Cathy T.Philadelphia, PA

"Pure tears of happiness and gratitude..."

"I've been meditating a lot recently but this one made me cry! Like, actual tears are streaming down my face! Pure tears of happiness and gratitude. I am manifesting a desire of mine that is very personal and dear to me, but I know it is already a part of my reality, it has already come true. I am forever grateful for this. Thank you!"

Doris P. Sebastopol, CA

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By Hamza Davis

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