

**30 GOLDEN TIPS TO
OVERCOME PANIC
AND ANXITIES**

AHMED SAAD



TIPS TO OVERCOME PANIC AND ANXIETY:-

1-Ensure that each and every day you try to change just a little bit of each to assist you in overcoming anxiety attacks altogether.

2-Stay away from caffeine (coffee, energy drinks, etc.), drugs and alcohol.

3-Try some form of vigorous aerobic exercise like jogging, riding a bike, etc. This helps to process some of the adrenalin that is released into the blood stream during a panic attack and reduces the physical symptoms associated with it.

4-Tell someone you trust about and they can help to treat you when you have them.

5-Tell yourself, "I'm so excited! I can and will overcome this anxiety", and you should be fine.

6-Wash your face with cool water.

7-Go for a ride or walk.

8-Eat small amounts of wholesome food at regular intervals to maintain even blood

sugar. Avoid simple carbohydrates like sugar, honey, white pasta, etc. as these

metabolize very quickly and can contribute to a "roller-coaster" effect on blood sugar levels.

9-Regular physical activity which helps a patient to feel calm and relaxed. When we exercise our bodies tend to return to their natural state.

10-Breathing right in order to send the right signals to your brain and not

inadvertently set off a panic response. You should find a way of relaxation that suits you and keep it rhythmic. Meditation is one such habit that you can develop. It can help you control your thought and have positive thoughts in your mind.

11-Listening to some good, relaxing and soothing music also proves to produce fruitful results.

12-Getting to know your habitual responses to the situations and re-evaluating them also prepares you to respond to a situation in which you generally feel anxiety.

13-Take plenty of 'Vitamin L' — love and laughter — by reaching out to others.

14-Affirmations are widely used in self development literature, and they could work well as a panic attack treatment.

15-any times people suffering from panic attacks find that meeting people with similar experiences is the best treatment for panic attacks.

16-Cognitive Behavioral Therapy is a very popular and widely used method for treating anxiety and panic attacks.

17-Since panic attacks are a mental illness, they can be treated with the use of mental exercises, or in this case mental relaxation. There is also the possible use of aromatherapy as part of a relaxation technique.

18-One of the common methods of relaxation is massage.

19-Don't Be Afraid to Show Emotion in Public

20- call who ever loves you the most and tell them how you feel

21-.Turn down the lights,
turn on quite music not loud or fast,
or watch cartoons, take a hot bath with
candels- change your surroundings

22-Look to all things from a positive point of view. For example: You're afraid of the death, and you know you will die. So it is senseless to worry about it. It's better to think positive and make the best out of your situation, like I will enjoy my life in all moments. Set goals that motivate you, like I will make

my wife/husband and my

children happy.

23-Invent a time machine, go back in time, and slap yourself in the face before you start to get anxious.

24-Write your goals down and follow them strongly.

25- Do a new thing everyday (surprises for your partner-new types of cooking)

26-Search on religion and study them you will find a lot to help you

27-Make plans for the day.

28-You should know this law which mentioned in management laws

(your ideas makes you life)

29-You are in control of your body. You can get rid off panic attacks or anxiety when you believe in your own will power. You can do it.

30-Make the books one of your friends

Before u close I have to you small gift

Winoptmizer program for Ashampoo company full version

To download it

[ht](#)