



WHAT IS PANIC ATTACK AND HOW TO DEAL WITH IT?



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WHAT IS PANIC ATTACK AND HOW TO DEAL WITH IT?



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Dedication

This eBook is dedicated to all those brave people out there, who accept life with all its imperfections.

Preface

One Important Question before we begin-

Why you need to know about Panic Attacks?

Answer: Panic attacks are not very uncommon in today's age where we live under tremendous stress.

Anyone can get a minor panic attack and god forbids, you or someone you know might even fall prey to a major one.

If you have enough information about panic attacks and methods to deal with them, you can not only help yourself; but also help those around you who might use your help.

What you will learn from this E Book:

- What are panic attacks?
- What are the causes of panic attack?
- What are the symptoms of panic attack?
- Simple yet effective methods to deal with panic attacks.

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Chapter one

What is a panic attack?

"No amount of me trying to explain myself was doing any good. I didn't even know what was going on inside of me, so how could I have explained it to them?"

-Sierra D. Waters

What is a panic attack and how do you know if you are about to have it? I started to wonder about this question a while ago when I experienced something that I doubted to be a panic attack.

"Panic attack is a sudden rush of overwhelming emotions of fear, anxiety and worry. It may last for a few seconds to an hour."

Panic attack is experienced as a sudden period of intense fear and may include palpitations, sweating, shaking, shortness of breath, numbness, or a feeling that something bad is going to happen. The symptoms occur within minutes. Typically they last about 30 minutes but the duration may vary for different situations. There may even be a fear of losing control and chest pain. Panic attacks are not considered as a serious physical threat by themselves.

Chapter two

Causes of panic attacks

*"Your mind is your prison when you focus on your fear."
-Unknown*

There are a number of causes that are cited as reasons that trigger panic attack. Long term stress, biological factors, environment, and social issues are some common causes of panic attacks.

Panic attacks can also occur due to number of disorders including panic disorder, social anxiety disorder, post traumatic stress disorder, drug use disorder, depression, and medical problems. Smoking, drinking and psychological stress increase the risk of having a panic attack.

Chapter three

Symptoms of panic attacks

'Please remember you are not alone and it's okay to feel how you feel!'

The symptoms include heavy sweating, pounding heart, shaking, numbness, breathing difficulties and palpitations.

You are having a panic attack if you experience all or most of the symptoms. When you're about to have a panic attack your mind will be clouded with thoughts of everything that went wrong and everything that could go wrong in your life. You will start feeling discomfort and may even feel chest pain. *Take a breath!* As bad as it sounds panic attacks don't have any physical threats. Panic attacks are not a danger to your long term physical health as long as you know how to handle those few rough moments.

Chapter four

How to deal with panic attack

"How'd you know that would help, Grandma?"
-Jennifer LeBlanc

I started to think about ways to deal with panic attacks when I was experiencing a lot of stress because of being out of job which ultimately triggered panic attack. *These are a few things that I found helpful when dealing with panic attacks –*

1. Count from 100 to 1:



100-99-98-97-96-95

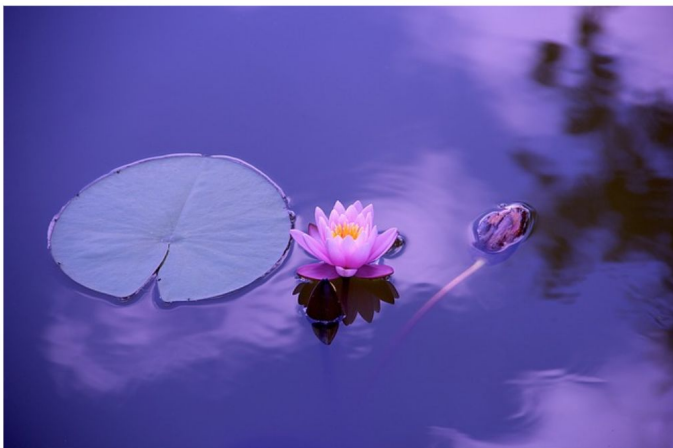
Start counting numbers backwards starting from 100 to till you feel a little distracted from your disturbing thoughts. Counting the numbers backwards requires attention and it will help you take your mind off your worries.

2. Try deep breathing:

Deep breathing will also help you take your mind off your thoughts and it will also help you relax. Take long and deep breath through your nose, count to four. Then slowly release your breath counting to four again and this time through your mouth.

'Inhale through nostrils | count | Exhale through mouth.'

3. Practice mindfulness:



Being in the moment!

What this means is to be aware of your surroundings. Look at the things in front of you such as a painting and describe to yourself all- small and big details about it. You can try something else like wiggling your toes while being completely conscious about each movement.

'Wiggle your toes!'

4. Repeat a positive sentence:

Tell yourself something comforting. Think of your favorite quote or line from your favorite book. Repeat it to yourself. If you can't remember any, just remember this is temporary and won't last forever.

'This too shall pass.'

5. Write your feelings down

Get a notebook and a pen, start writing whatever comes to your mind. In the beginning it will look like nonsense scribbles but slowly you will start to pour your heart out. As soon as you do that, you will feel lighter and much better.

6. Muscle relaxation techniques:



Try muscle relaxation!

This technique is followed to slowly relax each muscle one by one to calm and free the mind from anxiety. Muscle relaxation is helpful when you practice it for a while.

7. Go for a walk:

Walking can be a very relaxing activity. Going for a walk will also distract you from the negative thoughts going on in your mind. Go to a park if you can, look around, feel the fresh air, concentrate on anything that makes you feel calm.

8. Spend time with your pet

There is nothing in the world that will make me and probably you too, more happy than spending time with my pet. Cuddle your pet, play with it or just look and adore it. Chances are your pet will take care of you and make you smile when you don't want to, if you just let him/ her.

9. Talk to someone you trust

When we are too stressed out we need to talk it out with someone we can rely on. Maybe it's your parents or sibling or a close friend with whom you can talk freely and without any fear of getting judged. It's hard for most of us to talk about our feelings, but it helps to understand what the problem is by talking.

10. Research the web:



Search & research the web!

I don't know if it will work for everyone but it has certainly helped me. When you know about something, it loses its power over you. The understanding you will attain will give a fresh perspective on the situation. There is a lot of useful information available online and for free.

Chapter five

Conclusion:

*"You can do this."
-Jacquelyn Middleton*

These are the few things that I found and have also tried myself to deal with panic attacks. As difficult and scary, panic attacks seem and usually are, there are many ways to manage and deal with them. The last time I had a panic attack I counted numbers backwards and wrote half of this eBook to distract my mind. It's been a while since then and probably another attack is waiting for me sometime in the future. But now *I'm not afraid to face it as I'm well prepared to manage and deal with it.*

After reading this eBook, you too will be well prepared to handle such difficult moments a little better. I hope you read and benefit from this eBook. When you experience something of this sort, use this book to distract and revise yourself on the ways to deal with panic attack. Panic attacks are not easy and can feel overpowering but you can get through this. *And you will get through this.*

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Endnotes

Image courtesy:

- Cover Photo by Binita (me!)
- Sub heading images by [Pixabay](#)

Resources on Panic Attack:

1. [wikipedia.org/wiki/Panic_attack](https://www.wikipedia.org/wiki/Panic_attack)
2. [panic-disorder-agoraphobia/symptoms](https://www.panic-disorder-agoraphobia/symptoms)

Disclaimer:

The following article is based on my knowledge and experience. Its sole purpose is to give you some information and a general understanding on the topic. It is not meant to be used nor should it be used to diagnose and treat any medical condition.

About the Author

My name is Binita and I'm a qualified teacher. I write a blog (link is below) where I express my opinions, experiences, concern and everything I possibly can think about unemployment and a few other things close to my heart and my life.

To know more about me & what I do, click on the Links below:

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