

Working Outline/Table of Contents

Could It Be Anxiety?-Recognizing Anxiety Signs and Symptoms

- Dizzy Spells
- Shortness of breath
- Rapid heartbeat
- Perspiration
- Irrational fears

Types of Anxiety Attacks and Disorders

Generalized Anxiety Disorder (GAD)

Generalized anxiety disorder, or GAD, deals with people that are constant worriers and are always tense. Close to seven million American adults suffer from generalized anxiety disorders. There are more women (about twice as many) than men that are dealing with this. Even with that, the risk reaches its peak starting at childhood and going through the middle age years. Studies have shown that there are some genes that contribute to people getting GAD.

There are other anxiety disorders that happen in conjunction with GAD, such as substance abuse and depression. If treated properly, the person affected can overcome their worries with whatever problems they are dealing with.

Here are some other symptoms that contribute to generalized anxiety disorder:

- 1 Feeling tired
- 2 Aching muscles
- 3 Irritable
- 4 Nauseated
- 5 Sweaty
- 6 Lightheaded
- 7 Shortness of breath
- 8 Frequent trips to the bathroom
- 9 Shaking or trembling
- 10 Hot flashes

Social Anxiety Disorder

There are over 15 million adults in the United States alone that suffer from social anxiety disorder or social phobia. For the most part, this condition begins as a child and can continue through adolescence.

Social anxiety disorder, which is also known as social phobia, happens when a person is extremely self-conscious and anxious. It happens everyday in different social situations. They are extremely fearful of being watched.

They are also fearful of being judged by others. They try to be extremely careful and go out of their way to not do things that could cause them embarrassment.

For a while, they are extremely fearful prior to a situation that they feel can become a disaster. It can become so bad that they lose focus and can't think straight. With social anxiety disorder, they can allow this fear to cause them to lose focus.

Obsessive Compulsive Disorder

There are over two million adults in the United States that have obsessive-compulsive disorder. This condition does not stand out on its own. It can be combined with things such as anxiety disorders or attacks, depression or eating disorders.

People that deal with obsessive-compulsive disorder, or OCD, constantly have thoughts that can make them upset. In order to get their anxiety under control, they use compulsions (rituals). However, the tables end up turning on them because the rituals take control over their mind.

These actions provide them with a temporary release of the anxiety that they have been feeling. People with this disorder are always compelled to check things repeatedly, or make sure that things are in the same place repeatedly.

Post-Traumatic Stress Disorder

Post-Traumatic Stress Disorder or PTSD happens when someone has suffered something that included harm of the body or implied the threat of harm. The person who gets PTSD may have been harmed, or it may have been someone close to them.

PTSD is commonly known in regard to veterans who served in a war. However, there are other things, such as a rape, kidnapping, abuse, vehicular accidents, plane crashes or natural disasters such as hurricanes or floods.

There are over seven million adults in the United States that are dealing with Post-

Traumatic Stress Disorder. It can start from the childhood years and work its way up to adulthood. There are more women that suffer from this than men. PTSD is also combined with substance abuse, depression or other anxiety disorders or attacks.

PTSD can start a few months after the event or incident. It could last for a few more months, or continue through the years. In order to be officially classified as PTSD, the symptoms have to continue for at least a month. There are some who end up having PTSD as a chronic condition

Panic Disorder/Attacks

Panic disorder is considered to be an illness. Symptoms include feeling suddenly terrorized, feeling faint, pain in the chest or feeling smothered.

A panic attack is when a person has a fear or apprehension that is sudden or intense. There is usually nothing wrong and no one is in danger. Panic attacks can happen suddenly, last for a few minutes, and then it's over. There are others that last longer than a few minutes or there may be more than one and they follow behind one another.

There are three types of panic attacks:

- 1 **Spontaneous** –these panic attacks occur with no warning. There is nothing that could possibly bring it on. Even if a person is sleeping, they can still experience a panic attack.
- 2 **Situationally bound** – these panic attacks happen when there is a situation to which a person has been or will be exposed to. They are consider to trigger or provoke the panic attack. For instance, if a person hears a car backfire, it could remind them of when they were in the military and fighting a war with ammunition.

Situationally predisposed – these panic attacks can happen when there is a delayed reaction. The attack doesn't always occur right away. There are some instances where people may immediately have an attack, and other instances it is delayed or it may not happen at all.

Panic attacks are defined as having at least four or more symptoms:

- 4 A choking feeling
- 5 Lightheaded or dizzy
- 6 Shaking
- 7 Trembling
- 8 Shortness of breath
- 9 Accelerated heartbeat

- 10 Pain in chest
- 11 Numbness
- 12 Chills
- 13 Feeling of going crazy
- 14 Nauseated
- 15 Sweating
- 16 Feelings of detachment

If a person experiences less than four symptoms, they can still be classified as having a panic attack, but it would be called a "limited symptom" panic attack. A person can have a panic attack at any time. It can even happen when they are sleeping. It has affected millions of adults in the United States.

However, there are more women that experience panic attacks. In fact, women experience panic attacks twice as much as men do. Panic attacks can start in the late teen or early adult years.

Common Causes Of Anxiety

Stress

Insomnia

Not releasing/working through emotions

Dietary issues/imbalance

Drugs/Side Effects

There are also some drugs that can trigger an anxiety attack from side effects or withdrawals. This would include alcohol, caffeine, cold medicine, decongestants, nicotine, diet pills and numerous other medications that people take for various ailments and illnesses.

Getting Professional Help

When to Seek Professional Help

If you think you may be experiencing symptoms of an anxiety disorder, attack or related condition, please consult with your physician. He or she will be able to advise you if your symptoms match the clinical diagnosis of any of these mental health conditions.

If it is the case, you will need to consult with a professional that specializes in mental health conditions. These professionals are trained in therapy that deals with various behavioral patterns and will suggest medication if it is warranted.

Common Medical Anxiety Treatments

They are usually prescribed by psychiatrists that offer therapy of work with colleagues that provide some of the same services. For the most part, the medications that are used for anxiety disorders are:

- 1 Antidepressants
- 2 Anti-anxiety drugs
- 3 Beta-blockers

Using any of these medications can help the person to live a normal life

Cognitive Therapy

Cognitive-Behavioral Therapy, or CBT, is very effective in the treatment of anxiety disorders. Thinking patterns are changed with the cognitive portion. The way people react to anxiety related issues is the behavioral portion.

People that have panic disorder can use cognitive-behavioral therapy to distinguish between heart attacks and panic attacks. CBT can also be used to help them overcome social phobia. It can help them to realize that everyone is not watching your every move, nor is everyone judging them.

There are techniques that they can learn to use for positive exposure. These techniques will also help them not to be so sensitive about anxiety triggers and symptoms.

Medication

If you are prescribed medication, you must take it as directed and don't stop unless you are advised by your physician. You and the mental health professional or your physician should discuss how the medication will work. If you have side affects, please consult them as soon as possible. They may have alter your dosage.

Counseling

Paying for Treatment Options

Preventing Anxiety with Mental Techniques

Cognitive Therapy

Reducing worry

Accepting Who You Are and What Is

Identifying and handling consistent stressors

Identifying and labeling fears

Treating and Reducing Anxiety with Lifestyle Changes

Exercise

The benefits of exercise:-

Exercising At Home

Walking

Yoga

Diet

What Foods To Eat

What Foods To Avoid

Vitamins and supplements

Eliminating Alcohol and smoking

Breathing Exercises

Relaxation Techniques

reduce muscle tension exercises

Meditation

Benefits of using Meditation:-

- 1 Increases brain wave coherence
- 2 Builds greater creativity
- 3 Decreases irritability and moodiness
- 4 Improves learning ability and memory
- 5 Increases happiness
- 6 Increases emotional stability
- 7 Decreases Anxiety
- 8 Decrease high blood pressure
- 9 Can improve cholesterol levels
- 10 Increased flow of air to your lungs
- 11 More relaxed body
- 12 Lower levels of stress
- 13 Improves circulation

14 Decreases the aging process

The point of using meditation for stress relief is to completely take your mind away from your worries.

Here are a few things to do in preparation of meditating:-

- 1 Have an empty stomach
- 2 Make sure you are in a quiet place where there will be no distractions
- 3 Make sure you are sitting in a comfortable position
- 4 I would recommend meditating first thing in the morning, so you are relaxed for the rest of your day
- 5 Also practicing everyday for at least 15 minutes is optimal

Here is a Quick & Easy Meditation you can try

Start by sitting comfortably and making sure your spin is straight. Look downwards and do not focus on anything.

Allow your eyelids to drop to a level that feels comfortable. Do not close your eyes though.

Keep looking downwards. Your breathing should become slower and deeper.

After 5 minutes, return your eyes to their normal focus. You should be feeling more relaxed.

Herbal Remedies

St. Johns Wart
Passion Flower
Valerian Root

Aromatherapy

Benefits of Aromatherapy:-

- 1 Improves circulation
- 2 This one I found very interesting to learn, it can also aid in dementia
- 3 Reduces anxiety
- 4 Aids in boosting your immune
- 5 Relieves pain and tension
- 6 Can ease headaches
- 7 Can help you get a good nights sleep

How to use Aromatherapy oils:-

- 1 In the bath – just add a few drops
- 2 Inhale – You can add one drop to your hand and inhale
- 3 Massage – make sure its diluted
- 4 Vaporization – using a burner, this will bring the smell into your entire room

Here is a list of some relaxing essential oils:-

- 1 Bergamot – soothing, uplifting and good for tension and depression
- 2 Chamomile – calming, suitable for insomnia
- 7 Lemon balm – balances emotions
- 8 Sandalwood – used as an antidepressant and aphrodisiac
- 9 Vetiver – balances the nervous system, good for insomnia
- 10 Lavender – a very useful and popular oil, used for relaxing and as an antidepressant and pain killer

Harmful Oils

Tips

Tips:-

- 1 Always dilute essential oils to a 1% or 2.5% solution
- 2 Do not apply essential oils directly to the skin.

Always read the precautions on each bottle before using them

Binaural Beats

Relaxation Music

Let's look at the benefits of Relaxation Music:-

- 1 It relieves anxiety
- 2 It helps relieve stress from your job
- 3 It helps recover from brain injury
- 4 It helps improve emotional well-being
- 5 It can help aid chronic or acute pain
- 6 It reduces your chances of getting hypertension
- 7 It helps you to remain calm
- 8 Slows down your heart rate
- 9 Slows down your breathing
- 10 Slows down your thinking

If you would like to get some relaxation music for free, then you can get some from here:

<http://www.crystalmusic.com/listen.html>

And...

<http://www.officersort.com/music.htm>

For free relaxation tapes, just go to:

<http://www.utexas.edu/student/cmhc/RelaxationTape/>

Journaling

Massage

The Benefits of Massage:-

- 1 It releases endorphins which is a natural pain killer giving a

- feeling of well-being
- 2 Helps blood pressure
- 3 Helps your heart rate
- 4 Slows your metabolism
- 5 Improves breathing
- 6 Improves blood circulation
- 7 Improves tension and stiffness
- 8 Improves mobility and flexibility
- 9 Reduces spasms and cramps
- 10 Reduces anxiety
- 11 And of course it reduces STRESS!!

Self Massage Techniques (Stop Stress Ebook-page 6) Helping Others

Supporting other who suffer from anxiety

Support without owning the problem

If you are helping someone who has one of these conditions, it is very important that you are there for the long haul. It may take longer than a few weeks or months for that person to totally overcome this.

You should not be judgmental or condescending in any way to the person who is suffering. This is a serious matter and you should treat it as such. The worst thing you could do regarding anxiety and panic attacks is to be dismissive and think that they can quickly get over it. You cannot be the savior for them and solve their problem.

People who suffer these kinds of attacks are not thinking about anything except how scared they are that something bad is going to happen. The situation cannot be solved by shaking them and making them come out of it, or waving a magic wand over them and saying “abracadabra”.

Don't underestimate their actions by thinking that they are pretending to be acting. This is serious and their actions should not be underestimated. The best thing you can do is to do everything in your power that you can to be there as that support system.

They could feel at any moment that they were in grave danger. They feel as though they could not pull themselves out of whatever trouble they perceived. This is when the accelerated heartbeat, shortness of breath and other symptoms come in to play.

If you ignore them, you are doing more to hurt them than to help. They depend on your support and if you decide to bail out on their weakest moment, they will feel more worthless.

This could make them start feeling depressed and not want to do much of anything for their situation. If they know that you are with them to help them stick it out, then they

will feel better about themselves.

You must allow them to go through the attack. If you try to intervene, you could make the situation worse. Let it happen and they will eventually come out of it. However, if for some reason they don't stop, call a paramedic to assist.

One thing that you don't want to do is to give them medication, especially if it's not prescribed by their physician. That will definitely cause them harm. So make sure that you are not doing anything to jeopardize their well being.

Works Cited