

# ANXIETY



**NLP**



# Anatomy Of An Anxiety Attack

This eBook is about anxiety attacks and how it can affect the lives of people.

This eBook also cites the use of various drugs to help in the treatment and management of anxiety.

There are ways to treat anxiety without drugs.

Take a look through our membership area for different ways for you to manage and overcome your anxiety.



Anxiety attacks are normal body reactions – coping mechanisms – against different stressors and distressing predicaments. In other words, these are chemical, physical and emotional reactions that are elicited by fear, apprehension, or shock.

These reactions also cause a “fight, flight or freeze” response with the rise of adrenalin in the body. Based on scientific studies, people automatically react to stress or stress-inducing activities by either making a confrontational stance, (fight) making a decision to avoid the stress, (flight) or they freeze.



Pressure can come from an emotional problem in a relationship at home, demanding tasks and deadlines at the office, the dread of a forthcoming test, or the clamour for a game-winning performance in a championship game.

All these can produce constant anguish and even anxiety attacks if a person is not able to cope effectively with the stress.

A person that is undergoing an anxiety attack often experiences a feeling of numbness or tingling, shortness of breath, dizziness, heightened palpitations, chronic sweating, chills, hot flushes, and nausea.



Extreme levels of anxiety can produce serious ill effects on one's physical and mental health. Anxieties can actually hinder or adversely affect a person's the day-to-day activities.

Aside from the possibility of leaving a person emotionally depressed and physically weak, anxiety can also cause a person lose the ability to make a rational decision.

It is not uncommon to hear about cases where people with severe anxiety have lost their jobs and failed in their relationships.



For these people who have become victims of anxiety attacks, life has become a mere matter of survival --- bereft of happiness, fulfilment, and health.

Some people can cope with depression and anxiety.

But for a significant number of people who do not have the ability to cope with stress and anxiety, the only means to regain their life is to undergo therapy and, if necessary, take anxiety medications or seek holistic help.



These anxiety medications, if accompanied by therapy conducted by professionals, offer relief and possibly permanent protection from the debilitating effects of stress and severe emotional distress.

Anxiety medications often vary in the dosage and desired effects. However, what is common among these anti-anxiety medications is the ability of these drugs to suppress unnecessary chemical and emotional surges.

Controlling these chemical and emotional surges allow a person with anxiety to regain a sense of peace and tranquillity.



There are however treatments that do not suppress these emotions and help you deal with these emotions without taking drugs.

When this is done, you get to the root cause of the condition and can alleviate symptoms of anxiety for good.

Anxiety medications, also known as anxiolytics, are prescribed to treat the different symptoms of anxiety. For example, Benzodiazepines are prescribed to treat the short-term and disabling effects of anxiety.

These drugs take effect in a person's central nervous system, which is the reason why a certain degree of sedation occurs in a patient using the medication.





Non-benzodiazepines, however, are used to control the serotonin level in the body.

Serotonin is essential to the body for regulating anger, temperature, mood, sleep, vomiting, sexuality, and appetite.

Though they are proven to be less effective than benzodiazepines, the serotonin-regulating effect of this type of anti-anxiety drug also helps a person to achieve a relaxed state.

While these medications offer relief, people must still practice a little caution before taking these anti-anxiety drugs.



These drugs cannot totally remove all symptoms of anxiety. Of course, these medications cannot resolve an emotional or psychological problem that is actually the origin or source of a person's anxiety attacks.

The pressure of living is sometimes too much for us and some of us suffer from panic attacks. We are built to cope with small levels of stress and for short periods of time, but unfortunately so many of us are constantly in a state of stress in work and in our homes as well. There is nowhere we switch off, so our brains keep on going on and on, even when we sleep.



Look back to the lives our grandparents lead and see how slow their pace of life was.

They did not have the technology that we have today and were not bound to computers or cell phones. They had time to relax and be with their loved ones and friends.

They worked 9 – 5 Monday to Friday and had the evening times and weekend to relax. Back then nothing even opened on a Sunday!

I remember the days when the shops only opened until 12pm noon on Saturdays.



Offices were closed, shops were closed and people spent time in nature with the people they love.

These days we are bound to our computers, tablets, phones and people can contact us constantly so we never switch off to let our body recuperate. Many of us work 60+ hours a week, plus work on the weekends.

When we are not working there is so much pressure to live up to societal expectations.

The advertising is constantly hitting us, whether it is on radio, T.V. billboards, newspapers, there is a never-ending stream of pressure on us from every angle.



The pressure to conform, to be the same as everyone else, to keep up with the Joneses. It is everywhere you look.

Sometimes I sit and wonder what it would have been like in our grandparent's time. I am sure they were much more relaxed than we are today.

Sometimes stress can be good. It can be a challenge that keeps us alert and motivated. It also makes us ready to avoid danger. (Like ready to run away from a sabretooth tiger. Not that there are many of those living in our cities these days, but I am sure you understand what I am saying).



It is normal to have some stress in your life. One of the best things you can do for your health is manage it, even when you can't control the source of it.

On the flip side stress can be very bad... So what happens when it gets too much?

**That's right. We get sick!**

If you're constantly under stress, you may develop physical symptoms, for example; headaches, high blood pressure, IBS, chest pain, lack of libido and poor sleep. Stress can also lead to emotional problems, depression, panic attacks, or other forms of anxiety and worry.



You see, stress can play a bigger part in your life than you may realise.

You may not relate your headache to stress, but if you are stressed, it is probably the cause.

You might take a pill to reduce your headache, but that is only treating the symptom. For true healing to occur you **MUST** treat the **CAUSE**.

You may be suffering from anxiety or depression and be taking pills for this but it is treating the **CAUSE** or simple masking it.



I work with my clients in finding the cause and making permanent change in their lives so that stress does not affect them in the same way. They can use stress to motivate them but not overtake them.

So how do we do this? We change the way we see stress, we change the way stress feels in our body.

We change the behaviours we 'do' around stress. We change our awareness so we can see what is really going on. We become aware of our triggers, so when we see a stressful situation coming towards us, we can better prepare ourselves.





## I want to give you an example of how someone may 'do' a panic attack.

1. They may feel a certain level of stress
2. They may focus on that stress and how it feels in their body
3. They concentrate on the knot in their belly
4. Then they notice their breathing is getting shallower and shallower
5. Then as they are concentrating harder on their shallow breathing, they focus on it
6. Then they think they are never going to get their breathe back
7. They feel their heart fluttering.



8. Then they start shaking
9. Then they think they are going to die
10. Their vision may get blurry due to lack of oxygen
11. They may then pass out.

**I know how this feels because this was MY old strategy of getting panic attacks.**

Can you see I can give you a step by step list of HOW I did it? You will notice I used the word 'did' as I no longer suffer from panic attacks.

**I have now put in a different strategy.  
This is what I do now.**



1. I feel a certain level of stress
2. I focus on my breathing taking big deep breaths
3. I get up, change my posture to an open posture, where I can give my body oxygen
4. I tell myself I am safe and in control and concentrate on taking big, deep breaths.

**That is it! It is half the level of steps so easier to achieve, when you know HOW!**

Can you image how different my body now feels compared to the years I spent having panic attacks? I no longer have headaches, panic attacks, my muscles are freer than ever before. I now have these strategies and I have used this strategy with other emotions as well.



Your subconscious mind learns behaviours, just like a child does and you can retrain it. Your subconscious is there to protect you, but when it learns a strategy that will keep you safe and protected and makes you feel good, it will change your behaviour in an instant.

This is why I love doing the work I do. There is no need to stay on pills for the rest of your life, when you learn these strategies. When you know how to make these changes, you can then turn this knowledge to other areas of you like.

Your brain is 'plastic' (not literally of course).



Neuroplasticity, or brain plasticity, refers to the brain's ability to CHANGE throughout life. The human brain has the amazing ability to reorganize itself by forming new connections between brain cells (neurons).

By growing these neural networks you can create so much change in your life. You can create change in your physical health, mental health, in fact ALL areas of your life.

I hope that this eBook helps you to understand you **CAN CHANGE YOUR BEHAVIOURS, LIFE & HEALTH**. There is no need to live a miserable life of pain and suffering. You just need to find the strategies that work for you.



For long term results we at Global Healing Exchange want to help you to overcome anxiety without drugs, so you can live the life you dream of anxiety free. Take a look at the advice from our holistic experts in our membership area to help you get to the root cause of your anxiety.



**This Ebook Was Written For  
Global Healing Exchange**

