Panic & Anxiety Relief

How To Regain Control Of Your Life

William Murphy | [Free Bonus Book For Customers](http://www.clkmg.com/phil917/panicanxiety)



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# Introduction

Thank you so much for purchasing this book and putting your trust in me. As a valued customer, I just wanted to let you know I have created a special free panic & anxiety bonus gift for you to download.



To download this free gift just head over to [http://hugeprestige.com/panicanxiety](http://www.clkmg.com/phil917/panicanxiety), leave your email address, and I will send you the free gift instantly.

Welcome to Panic & Anxiety Relief, your ultimate guide to regaining control of your life. Follow this guide and you won’t need to worry anymore. You can use this manual as your one stop guide to getting control of your life again. We’ll go over the exact same methods you need to follow to get rid of your daily fears.

Before we dive into it all, I’d like to thank you for downloading this book, you’ve made an important first step to regaining control. Take action with the knowledge within and you will see results!

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# What Is Anxiety?

Occasionally everyone feels nervous and scared. You may be standing in line for your first roller coaster, going to a new job interview, or learning something new like swimming. Your hands sweat, your mouth gets dry, your mind may feel like it's racing, and you can feel your heart beating out of your chest. You are brave enough to take the next step and you step on that roller coaster, walk in to that job interview, or take your first plunge. After the experience is over, your heart and mind will slow, along with the other feelings and emotions that you were experiencing. You may even have more confidence when you are done. The feelings and emotions you just experienced were anxious feelings, or anxiety.

Everyone is anxious in one way or another, but what happens if you can't turn off your anxious feelings? You may worry aggressively, become fearful, be reclusive, or feel that you are under a massive amount of stress. When you begin to struggle with everyday, overall feelings of anxiety, and they begin to interfere with your everyday life, it then becomes a mental health problem. In some cases, the problem may become very serious without treatment. These problems are called anxiety disorders.

An anxiety disorder can come in many forms. You may have frequent panic attacks, obsessive-compulsive disorders, social anxiety disorders, phobias, and generalized anxiety disorder. Many people who are debilitated by their anxiety disorders may be unable to go out into crowds, they may have to wash their hands over and over, or have an obsession with shopping causing their finances to spiral out of control. These disorders can become very debilitating in some cases.

According to the Anxiety and Depression Association of America, anxiety disorders are the top mental illnesses in the United States affecting over 40 million people, 18 years old and over. For more statistics on anxiety and depression visit the Anxiety and Depression Association of America's website [www.adaa.org](http://www.adaa.org/).

When you say mental illness, there is an automatic stigma that pops up in people's minds. This is part of the reason that most people with anxiety disorders don't get treated because of the stigma that surrounds mental illness in the United States. The word that gets used the most is “crazy” when describing someone with a mental illness. Many may suffer in silence so they won't be labeled as crazy by friends, family, or co-workers. Women can be especially stigmatized, and that only adds to the problem at hand. The mental health care system in the United States is much bigger than many people realize, however, it still isn't big enough to treat everyone that needs to be treated. Because our mental healthcare system isn't all encompassing, many people who need treatment fall through the cracks. Only about 1/3 of the people who are affected by anxiety disorders actually get the treatment that they need.

Some studies have shown that many people believe that they can deal with their issues on their own without help from a doctor. This speaks to the attitudes of many regarding mental illness. People who haven't had any experience with mental health issues, whether it be within their family or with themselves, believe that mental disorders are simply a crutch to fall back on when someone runs out of excuses for their behavior. This type of stigma is very dangerous for people who need treatment. People who were polled also cited the cost of treatment. People have said that mental healthcare is just too expensive, and it is simply out of their reach. They might have problems with their insurance providers paying some costs of treatment, or they aren't able to pay the total costs out of pocket. Some may be able to pay out of pocket for a while, and begin getting the treatment they need, however, they may get laid off, or lose their job, and they have to stop treatment abruptly because it is no longer affordable.

Women are most affected by anxiety disorders. According to the National Institute of Mental health, they are twice as likely to have an anxiety disorder than men. 60% of women will suffer an anxiety related disorder in their lifetime. However, men are not immune to anxiety disorders. The symptoms of an anxiety disorder differ somewhat than those symptoms found in women. Men may become irritable and impatient. They may be unable to sleep, have more body aches, headaches, and feelings of fatigue. Some men may run a slight fever with anxiety related headaches, they may also sweat profusely. Signs of digestive disorders such as constipation, diarrhea, and gas are more likely to occur in men than in women.

Depression is a disorder that has been shown to go hand in hand with anxiety disorders. Anxiety disorders cause the sufferer to feel overwhelmed by daily tasks. They may also experience fear, and panic. Depression, on the other hand, causes feelings of hopelessness, anger and despair. Studies have shown that 85% of people who are in treatment for depression were also diagnosed with some type of anxiety disorder. The anxiety and depression are usually treated at the same time as one problem can effect the other greatly. The symptoms of anxiety and the symptoms of depression are magnified when someone is being treated for both issues. This leads to chronic problems with depression since the symptoms of depression are harder to resolve when dealing with anxiety.

Children and adolescents may also suffer from anxiety disorders. A recent study of 13 to 18 year olds shows that 8 percent of adolescents suffer with an anxiety disorder, however, only 18 percent received proper mental healthcare. For more information about adolescents and children dealing with anxiety disorders, visit The National Institute of Mental Health at [www.nimh.nih.gov](http://www.nimh.nih.gov/).

Anxiety disorders can affect anyone, however, there are many risk factors that must be taken into account. Brain chemistry, life events, personality, and genetics are all things that can predispose someone to having an anxiety disorder. Doctors must consider all of these elements when treating someone with an anxiety disorder. When all of the elements are put together, then a proper treatment plan can be put into place which may include medications and counseling, among other methods of treatment.

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# What Can Cause Anxiety?

Earlier we talked about the factors that a doctor must take into account before diagnosing someone with an anxiety disorder. They must consider brain chemistry, traumatic life events, a person's overall personality, and a person's genetic make-up.

Brain chemistry is a common cause of many disorders such as anxiety and depression. The neurotransmitters in our brains send messages to other part of our bodies. It is believed that people with anxiety disorders or depression may suffer from a different type of brain chemistry. When that happens, neurotransmitters can't send messages correctly because of an imbalance with the chemicals.

Life events are being studies as a cause of anxiety disorders. If someone has experienced abuse, poverty, or violence, the environment can directly affect the ones who had to endure the poor quality of life. Other life events such as losing a job, home, or a family member along with other various stresses during those particular times can cause anxiety disorders. A person may feel that they no longer have control of their life.

Genetics and heredity are believed to be another factor when diagnosing anxiety disorders. There are studies that have shown that anxiety disorders, depression, and other mental health issues can be genetic and run in families. If one or both of your parents had problems with depression or anxiety, there is a very high chance that you will suffer from it as well.

Finally, doctors will take into account your overall personality. You may be a person who loves having a high stress job, your excitable, or if you have a general pessimistic outlook on life, these are factors can contribute to anxiety disorders.

Anxiety disorders can be broken down into different types of disorders. There are different triggers for different people, and the root of the problem must be found in order to treat someone correctly. A doctor will weigh the severity of the symptoms, how often the symptoms persist, and how the symptoms interfere with someone's daily life. For example, their symptoms may cause them to miss work or school. The symptoms have to take control of a person's life for more days than not within a 6 month period. Each disorder is different, and each person is different, therefore there a general standards to follow when a doctor is diagnosing a patient. Below is a breakdown of the different types of anxiety disorders, what causes them, and what can trigger an attack.

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# Generalized Anxiety Disorder (GAD)

Generalized Anxiety Disorder is characterized by constant, over-exaggerated fear, worry and anxiety about things that happen in everyday life. There really isn't a root cause for the worry at all. People who suffer with GAD are forever worrying about problems with finances, family members, health issues, and work. The worry is very unrealistic to the situation, and the heightened worry takes over the person's everyday life by continuously interfering with their rational thought patterns.

Symptoms of GAD include; constant states of high stress, fear, worry, and dread. The person may also feel on edge, tense, irritable, and have difficulty concentrating. A person may feel tired, be “shaky” or tremble constantly. They may be easily startled, have problems going to sleep, or staying asleep. Physical symptoms can manifest as well. A person who is dealing with GAD may complain of headaches, muscle aches, sweating, and feelings of nausea, among others.

There are a few other things that have been known to cause anxiety. Your doctor may look into these causes as well. Low potassium levels, drug and alcohol abuse, smoking, and other prescribed medications can cause anxiety. Your caffeine intake should be looked at carefully, as well as, possible problems with your thyroid gland.

GAD generally begins to show during childhood, or during the teenage years, however, it can begin in adulthood.

# Phobias

Phobias are feelings of excessive fear and anxiety about a certain situation, object, or activity. Phobias can be broken down into social phobias, agoraphobia, and specific phobias.

Social phobias are irrational fears about being in a social situation such as being at a party, a meeting, or anywhere that people may congregate in groups. Generally, the person with a social phobia is painfully shy, and the thoughts of interacting with anyone at all causes great fear and anxiety. People who suffer from social phobias believe that people are judging them, they are afraid that they will embarrass themselves, they don't like being looked at or observed, they may be afraid that people will avoid them, or they will be ignored.

This type of anxiety disorder is unhealthy because the person will shut themselves out of healthy social situations. They may become reclusive and avoid social interaction altogether because the interaction is very painful for them. Humans are social animals and it is essential for humans to interact with each other. This is why a social anxiety can become a serious health issue.

Symptoms of social phobias include feelings of fear and hopelessness when they have to meet with unknown people, or if they are being met in an unfamiliar place. They may also obsess over being watched, judged, or made fun of. They will have a very hard time coping with a social situations when they have to be in one causing coping issues, severe anxiety, and problems speaking at all. They may also have an irrational fear of speaking in public beyond the normal fears people may have about speaking in public.

Agoraphobia is an irrational fear that you may not be able to get out of an uncomfortable or embarrassing situation, or you may not be able to get away if sudden symptoms of panic set in. The person believes whole heartedly that they are trapped and there will be no escape at all. People who are severely agoraphobic may stop leaving their home altogether in order to avoid the pain that goes along with their fear.

Specific phobias are irrational fear and anxiety towards certain situations, objects, or activities. For example, some people may have a great fear of water. They may have had a bad experience in or around water at some point in their life, and they become seriously panicked, fearful, and anxious about having to go around water. They may believe that they will drown if they fall off of a boat, or the boat will sink. They may refuse outings, including family outings, altogether because of their fear. This can lead to feelings of hopelessness and despair because they are unable to enjoy certain activities that other family members or friends enjoy.

# Panic Attacks or Panic Disorder

Panic attacks are unpredictable and can happen anywhere at anytime. Panic attacks are a sudden, overwhelming mixture of physical and mental distress. You may suddenly become panicked at work because you believe that you have missed a deadline, or failed to schedule an important meeting. Your heart will pound in your chest, and your chest will hurt. The chest pain often can mimic the feeling of a heart attack. Numbness is also a symptom that mimics symptoms of a heart attack. You will sweat, shake, feel like you are choking, and short of breath. You may become lightheaded because of breathing so heavily, so quickly. You may feel that you have become disconnected from the moment, and believe that you are losing control completely, going crazy, or you may feel that you are going to die.

The symptoms of this anxiety disorder are very real, very frightening and may lead the sufferer to believe that they are having a heart attack, or they are suffering from a severe health issue. The sufferer may frequent their doctor for relief believing they have had a heart attack, however, EKG's never show any type of damage. In cases such as these it is very important for the doctor to look at every aspect of a person's condition.

# Post Traumatic Stress Disorder (PTSD)

Post Traumatic Stress Disorder is generally thought of by many as a disorder that affects soldiers who have been to war. This is a true statement, and many service members suffer daily with PTSD. However, PTSD occurs after a series of traumatic, or life threatening events. People who have survived violent abuse, or violent crimes may develop PTSD.

PTSD is generally a panic attack that never stops. The sufferer may have reoccurring nightmares and flashbacks about the events that they endured. They may be overly cautious, paranoid, and they may startle easily. People who suffer from PTSD become removed from society. They may begin to avoid family and friends, or they simply stay away from any situations that may trigger thoughts of the horrific events.

PTSD can occur very quickly after a highly traumatic event. It may take a few days for some people, however, symptoms can develop weeks, months, or even years after the event. There are many symptoms that occur with PTSD including emotional numbness, and loss of interest in daily activities.

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# Obsessive-Compulsive Disorder (OCD)

Everyone says at one time or another that they have OCD because they obsess about things like the cleanliness of their house, or the neatness of their desk at work. However, things like this are simply things that are important to some people because of their personality. At times, you may wonder if you have turned off the stove, or heat after you have left the house. These types of thoughts happen to people in their everyday lives often, however, when someone feels they need to check on things repeatedly, clean their house over and over just in case someone comes over, or they wash their hands every time they touch a doorknob, this is Obsessive-Compulsive Disorder.

People suffering from Obsessive-Compulsive Disorders are ruled by their rituals. Some may have to turn the lights on and off a specific amount of times, others may wash their hand excessively because they believe they aren't completely clean. People with OCD cannot control their ritualistic behavior. Most of the time, the behavior takes over their life. Repeating these behaviors help someone with OCD relieve symptoms temporarily. Others who suffer from OCD may have obsessions or compulsions about keeping specific items (hoarding), or they are preoccupied with making sure that things are lined up in a specific way.

Most who have OCD don't believe that their routine is different than anyone ease’s daily routine. They see their behavior as normal behavior. People with OCD may have repeating thoughts about specific situations or activities. They are unable to control their thoughts and behaviors, and if things aren't done exactly right the first time they must be done again until they believe the behavior has been done correctly.

OCD affects over 2 million people and begins during childhood and adolescence. It also affects men and women equally. Research also suggests that OCD may be a genetic disorder.

# Effects Of Anxiety On Your Life

Each person is equipped with the “fight-or-flight” response. This is a physiological response to high stress. Your body will exert a reaction when it comes in contact with stressful or terrifying situations. When your body reacts your heart rate increases along with your breathing patterns and blood pressure. After the stress or the fear passes, your body will return to normal function within 20 minutes to an hour. For people who suffer from anxiety disorder, their bodies react to unreasonable and irrational fears and stresses many times a day. This can manifest physically in many different ways, and may actually produce real physical health conditions.

Stress is one trigger for anxiety disorders. When the body reacts to stress often your immune system can become very weak. When the immune system is weakened it can't fight off illness. You may end up catching colds, the flu, and other ailments quite frequently.

Constant stress reactions also contribute to heart disease and blood pressure. When the body is stressed as often as it is with anxiety disorder your heart rate and blood pressure are always elevated. This can contribute to cardiovascular disease.

It has been shown that stress and anxiety can cause skin problems like hives and eczema. Also, stress is the cause of headaches, backaches, muscle tension, sleep loss, sexual dysfunction, weight gain or loss, and gastrointestinal problems like Irritable Bowel Syndrome. Dehydration may also become a problem.

When anxiety goes untreated other problems can occur. If you become sick because of an anxiety disorder, you may miss work or school often. This can lead to problems at work, and at school. Many people end up losing their jobs. Also, some people may decide to simply stay in the house instead of going out to face the pain, fear and discomfort their disorder brings. Untreated anxiety disorders can also lead to problems with family and friends. The person who is suffering may feel that they are all alone with no other options. This is why it is very important for someone to begin receiving treatment.

# How To Relieve Anxiety

There are many options when it comes to treating the effects of anxiety. Medication is usually the first course of treatment. There are many medications that treat a multitude of disorders. They may also be able to treat the anxiety disorder and depression with one medication. Be advised, some medications that are prescribed can cause side effects if you stop taking them abruptly. These medications are SSRI's or Serotonin Re-uptake Inhibitors. People who take SSRI's must step down off of the medication slowly. Stopping the medication suddenly can cause a host of other problems similar to withdrawal symptoms including agitation, and a disconnected feeling. When SSRI's are used correctly they can help stop the suffering of anxiety disorders.

The next step is psychotherapy. Your doctor can set an appointment up for you with a qualified psychologist, counselor, or psychiatrist. Talking through the problems you are having, and finding the root of the problem can be very liberating for someone who suffers from anxiety disorders. There has been great success with anxiety disorders when therapy is coupled with medications.

There are also other alternatives to taking medication. If you aren't sure about medication, you can speak with a Neuropath regarding natural remedies for anxiety. They may prescribe things such as acupuncture, meditation, low impact exercise, and herbs that help with symptoms. Speak with your regular physician before you try these methods. Make sure you are aware of the severity of your disorder and what exactly it will take to get you feeling better. Natural alternatives may work for some who's condition isn't very severe, but not work at all for someone who is dealing with a very serious condition.

Anxiety disorders are very real even though there are some that believe that they aren't. If you feel that you are suffering from an anxiety disorder seek treatment with your doctor. If you can't afford a primary care physician you can check with your local health department, or with a free clinic to see if you can get help.

Don't be ashamed of being sick. If you are afraid or lost talk with a trusted family member or friend. You an also speak with people via mental health helplines. Most hospitals have programs called nurse helplines. You can also visit a Doctor on Demand on the internet. You can check in your area for groups that meet regarding specific anxiety disorders. It can help when you know that you aren't the only one suffering, and you don't have to suffer alone.

If someone you know shows signs of an anxiety disorder help them to help themselves. Be compassionate, understanding and possibly help them find help for their illness. Remember, many people suffering from an anxiety disorder believe that they don't have a problem, or they believe that they can deal with their problem themselves without any intervention. You can speak with them candidly and ask them if they need help. If they refuse, at least they know that you care and are worried about their health and well being. Be supportive and try to help them take some of the pressure off of themselves.

Information is always readily available. You can educate yourself regarding anxiety disorders if you believe that you are suffering from one, or if you are attempting to help someone. Information about a subject is the key to helping find a solution to any problem. Even if you hear someone talking about a family member that may be experiencing an anxiety disorder, go and read a bit about what is happening with them. You never know when yourself, or someone in your family may need help. There are many websites you can visit to learn more. They include The American Psychiatric Association, The American Psychological Association, National Association of Social Workers ([www.naswdc.org](http://www.naswdc.org/)), the National Panic/Anxiety News ([www.npadnews.com](http://www.npadnews.com/)), and The American Counseling Association ([www.counseling.org](http://www.counseling.org/)), just to name a few.

If you are suffering from an anxiety disorder take full advantage of the treatment Take your medications as directed, and stick with your therapy. Your physician may also talk with you about things that can help you slowly change your lifestyle like diet, and low impact exercise.

The prognosis with correct and continued treatment for anxiety disorders is very high, although many disorders are chronic. Doctors recommend treatment for at least one year with medication and therapy. Many people will need daily treatment for the rest of their lives.

Anxiety disorders can be truly terrifying and completely debilitating for some people. It is very important that those who need care for their disorders get the proper care that they need in order to get their life back on track.

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# Final Words

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After reading this report, you should know that it is possible to regain control of your life. Do yourself a favor and take action with this knowledge. It will help you remove the unnecessary fears from your life**.**