

# Getting To Know Anxiety

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Anxiety Attacks...

In most documented cases of Anxiety attacks, the patient rarely reports any event that would have triggered the onset of the attack itself.

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Now, with that said, let me also explain that when an Anxiety sufferer returns back to a situation or setting where a previous attack happened, this could trigger another attack, just because they'll be reminded of how terrifying that first attack was, and unconsciously be thinking about it successfully triggering yet another attack! It's a vicious cycle of fear.

And the greatest fear of an Anxiety attack/disorder sufferer? To have ANOTHER ATTACK! Hopefully this is beginning to make a little more sense to you now. Of course the attack hasn't killed them, and most likely won't, but it can sure feel like you're dying at the moment when an attack is occurring though.

So, the greatest determiner of having an Anxiety attack is also your greatest treasure, your MIND. Even though you can tell someone that is having an Anxiety attack that "It's All In Your Mind", this usually comes out leaving them feel you are trying to be condescending to their plight. Not a nice feeling I'm sure you'll agree. Even though you don't mean it in that way, this is most likely the way it is received.

To be more 'clinical' about Anxiety, it is, in fact, 'all in your mind'. Because the BRAIN is where all your Anxiety stems from. Many studies have focused mainly on two specific portions of the brain that are responsible for inducing feelings of fear and anxiety. It is simply an unannounced trigger that sets off one's "fight or flight" defense mechanism, kicks in the adrenaline, and BAM! A full blown Anxiety attack is on it's way forward.

Many times, Anxiety is brought about due to increased stress from daily life. Bills piling up, children seemingly out of control, pressure from work, family, and other events can trigger this disorder bringing it to the surface of an otherwise "dormant" carrier of the genetic traits passed on by their parents.

What Are The Different Types Of Anxiety?

Anxiety/Panic Disorder

This is the form of the disorder that brings on sudden attacks that paralyze you with fear for no apparent reason. Of course there are absolutely underlying factors that cause these attacks, however, the sufferer rarely knows what those are, unless they seek professional help from a family physician or a clinical specialist who are equip to deal with this type of disorder.

Most common symptoms, or the symptoms of the attacks would be dizziness, feeling faint, increased breathing, pounding heart, tingling or numbing sensations in the hands and feet, fear of impending doom, a disconnection with reality, or a total lack or loss of control.

People that suffer from this disorder may honestly feel as if they are dying, having a heart attack, or losing their minds. These attacks can occur at any time, and even while the sufferer is asleep.

Anxiety/Panic Disorder is often connected with other serious disorders such as depression. Due to the fact that the attacks associated with this disorder are such terrifying events, the sufferer may make several trips to the local emergency room not really knowing the true cause as it may be difficult to get a correct diagnosis at first.

This disorder can be very debilitating to the sufferer and can extremely hinder their daily activities. If a sufferer experiences an attack while driving, they will avoid driving to avoid having another attack. This can be true of any type of daily activity such as grocery shopping, doing dishes, watching television, etc.



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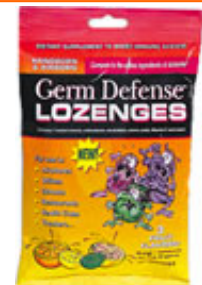
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Getting sick (or at least pretending to) was sort of fun back in the old da



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However, this form of disorder is the most treatable of all the Anxiety Disorders, and so an individual experiencing, or believe they are experiencing symptoms of this disorder should seek help and effective treatment through their chosen health care professional.

## Social Anxiety Disorder

This type of disorder more commonly strikes when a sufferer is placed within a social setting. It is also referred to as Social Phobia and can be a very traumatic and debilitating disorder making it near impossible for one afflicted with it to be comfortable at any social gathering. This includes everyday functions such as attending class, going out to dinner at a restaurant, or even going to work.

The person suffering from this disorder has strong self-conscious issues and may often times feel as if they are not welcome, or really a part of the social setting. They feel as if they are constantly being judged or watched by others for no apparent reason other than those things they themselves feel self-conscious about.

The social settings can be those that occur on a daily basis, or those that are rare occurrences, such as a party, public speaking events, etc. Often times, the sufferer will experience any of the following symptoms when placed in social gatherings: profuse sweating, trembling or shaking, feeling sick to their stomachs, inability to speak, or blushing.

A person suffering from this type of disorder can become so upset by an upcoming social event that it will plague them for weeks in advance working them into an anxious frenzy by the time the event finally comes around.

In an attempt to 'self-medicate', a person experiencing this disorder will often times turn to alcohol or 'street' drugs to cope which leads to more disorders springing up.

This disorder usually happens sometime during early childhood or adolescence and continues on throughout adulthood.

Treatment for this disorder can be accomplished through careful and consistent counseling and medication.

## General Anxiety Disorder

This disorder is a heightened sense of anxiety or worry experienced on a daily basis. It is a chronic disorder that is continuous throughout the sufferers day. They experience difficulty concentrating or constant, excessive worry about every day concerns with an inability to control those overwhelming feelings of worry.

Symptoms can also include increased nervousness, irritability, fatigue or restlessness.

While not as extreme a condition such as Anxiety/Panic Disorder, it is still a serious illness that requires professional treatment from a qualified health care provider or

## What Can You Do To Battle Back?

First and foremost, you **MUST** realize this Anxiety attack for what it is when you are having one. Understand that you **ARE HAVING AN ANXIETY ATTACK**, and that it won't last forever. Most attacks only last anywhere from a few minutes up to no



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longer than a half an hour. Give or take.

Even though it may be difficult, try to lay down and RELAX. If you can't lay down, sit still, close your eyes and focus on slow, even, breathing. This will help ease the symptoms somewhat. Not completely mind you, but enough that you can make it through.

The REAL trick in battling Anxiety is to redirect your train of thought. Keep yourself as busy as you can and let the thoughts of fear of an oncoming attack melt away. They will. And the more you practice this reversal of thought, the better you will get at it and be able to manage your Anxiety attack better the next time you feel one coming on.

If it becomes too much to manage on your own, seek medical assistance quickly. Don't feel stupid for having to call an emergency squad. That's their job! These courageous folks get calls like this ALL THE TIME, so you shouldn't feel the least bit of embarrassment or guilt in needing their aid.

As we go through this information, I want you to understand that this section is of importance to those trying to help another person who is experiencing, or dealing with, Anxiety on a daily basis. How you provide support to them may help them to control their Anxiety to some degree.

First thing is first. NEVER belittle or try to downplay someone's Anxiety Disorder. This is a REAL disorder and should be respected as such. Don't just dismiss their episode as a one time event, or try and 'solve' their problem through rationalization.

You have to understand that when a person is actually going through an Anxiety attack rationality is not something they are concentrating on. Or listening to. This is an extremely frightening experience and no matter how much you'd want to, you CANNOT MAKE THIS EXPERIENCE GO AWAY. Only the individual who is HAVING the attack has the power to do this. Not YOU.

The absolute WORST thing you can do is to act as if they are LYING or ACTING to get attention. This is simply not the case. While you may BELIEVE this to be true because you have never yourself experienced the unrelenting terror of an Anxiety attack, that doesn't mean that it isn't happening to someone you care about.

Imagine for a second that you had witnessed a "physical" accident that your loved one or dear friend was a part of. Something you could SEE the outcome from. Wouldn't you do everything in your power to help them?

What if they were trapped inside a car that was on fire? What if they were trapped underwater and were drowning? You would want to aid them, wouldn't you? What if they had stopped breathing? Would you just stand around watching them pass away? Or would you do everything you could to administer CPR to them, even if you weren't sure you were doing it correctly?

While the above examples are extreme, sometimes, to an Anxiety sufferer, it absolutely feels like the end of their world. As if they are drowning in a sea of chaos and disparity, unable to pull themselves out.

Instead of holding them down 'under water', try throwing them a life preserver the next time they have an attack.

How can you do that? Just BE there for them. Let them know that while you may not understand what they are going through, you are there for them and will stay until

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they feel better.

Do NOT try and force someone out of an Anxiety attack. It could make the attack that much worse for them. Just let the attack happen naturally, and in most, if not all, cases, their bodies will help them come out of the 'hot' zone all on it's own. And if it doesn't, get them to the nearest emergency room as soon as you can. Or call an emergency squad to take them.

Also, NEVER try and give someone suffering from an Anxiety attack any type of prescription drugs that have not been prescribed by their family physician. Seems like common sense, but when you see a loved one going through such a painful event, you really want to help them. Believe me, THIS WILL NOT HELP THEM. Getting them to a professional source, such as an emergency room or their own family physician, for help WILL.

If you have exhausted all your own mental power to overcome Anxiety on your own, there is still help for you. The best course of action for you at this point is to seek out professional help through your trusted family physician. He will tell you what you should do and the best steps for you to take to have fulfilling life with a dash of Anxiety on the side ;-).

If you don't have a family physician, you can still get help for Anxiety through your local area mental health facilities. Places such as NetCare are equipped to deal with many different mental health disorders and illnesses, one of which is Anxiety and Panic Disorder.

Never think that you are going through this alone. There are millions of other people struggling with Anxiety just as you are every single day. There are support groups, counseling services you should take advantage of, Anxiety related programs to help you make sense of and learn to control your Anxiety, and of course there are effective medicines your doctor can prescribe for you if necessary.

NEVER BE EMBARRASSED TO ASK FOR HELP WHEN YOU NEED IT.

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# Natural Help for Anxiety & Depression

## Dealing with Anxiety

A fast-paced modern lifestyle can be difficult for both adults and children. Trying activities such as work deadlines, job interviews, school competitions and public interactions don't make it any easier either.

It's **not uncommon to find oneself a little overwhelmed** at the thought of a particular upcoming event or situation. Sometimes demands may be so great that it is difficult to slow down and take a deep breath, causing us to worry about everything.

### The natural way

A lot can be done to **support a healthy ability to relax** and slow down. One way of doing this is to keep your mind producing its own natural feel good chemicals by eating lots of fresh fruit and vegetables and whole grain foods, getting plenty of fresh air and sunshine and exercising regularly.

**Practicing relaxation techniques**, meditation or even taking time for a regular walk on the beach can all help to reduce stress levels and facilitate a feeling of calm – helping us to wind down and relax.

Natural remedies can also help to **support the nervous system and to keep nerves settled and soothed** – to enable us to cope more easily with the everyday stresses of our modern existence. In fact, natural remedies have been used in traditional medicine for thousands of years **to support the healthy functioning of the brain and nervous system.**

In more recent times, research has confirmed this traditional wisdom. There are now many published clinical studies demonstrating the ability of a range of herbs to support the normal functioning of the brain and nervous system and maintain a healthy equilibrium - which will assist with staying calm under pressure.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely **maintain harmony, health and systemic balance in the brain and nervous system**, without harmful side effects. This remedy contains a selection of herbs known for their supportive role in maintaining healthy nervous system function. Due to the concentrated tincture formula, PureCalm Drops work quickly to maintain balance and harmony in the nervous system – exactly when you need it!

## Naturally Helping Depression

Serotonin is an important neurotransmitter manufactured and found in the brain. Along with other neurotransmitters, serotonin helps to support **emotional wellness and sleep patterns as well as energy levels, sex drive and appetite**.

Serotonin also promotes healthy concentration, a positive mental attitude, memory and mental alertness. Other neurotransmitters such as dopamine, as well as **certain hormones like cortisol** are also involved in maintaining balanced mood and feelings of confidence and well-being.

While your feelings are not all about brain chemicals, the delicate balance between neurotransmitters and other hormones can play a big part in **maintaining emotional stability**, wellness and a positive outlook. Lifestyle, stress management and maintaining healthy relationships all contribute to happiness.

However, when there are challenges to face, a solid foundation of emotional health, **balanced brain chemistry** and a healthy self esteem will make all the difference to how we are able to cope or have the emotional strength to make changes necessary to improve our lives.

## The natural way

A lot can be done to naturally **maintain emotional health and a healthy positive mental attitude**.

It is a good idea to keep your natural feel-good chemicals flowing by eating lots of fresh fruits and vegetables and whole grain foods, ensuring plenty of fresh air, adequate sleep, moderate sunshine and regular exercise. Many healthy foods (e.g. bananas, turkey and carbohydrates) contain nutritional precursors of serotonin and this makes them natural ‘mood foods’ to

maintain healthy serotonin levels!

Also, never underestimate the power of a few stolen minutes during the workday (or school day) to rejuvenate the spirit and relax the mind – **meditation, yoga or listening to a calming CD can all promote relaxation.** Smoking, recreational drugs and alcohol can all depress the nervous system and affect the balance of neurotransmitters like serotonin – so try to cut back or avoid these habits for the sake of your emotional as well as your physical health.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

MindSoothe can be used to **safely maintain emotional health, balanced mood and systemic harmony** in the brain and nervous system, without harmful side effects. This remedy contains a selection of herbs known for their excellent and supportive function in maintaining brain and nervous system health, **emotional balance** and overall emotional well-being.

While the herbal ingredients in MindSoothe have been used for thousands of years in traditional folk medicine, more recently extensive research has supported the therapeutic and tonic benefits, as well as the safety profile of these herbs – meaning that you can use MindSoothe with confidence and without fear of side effects.