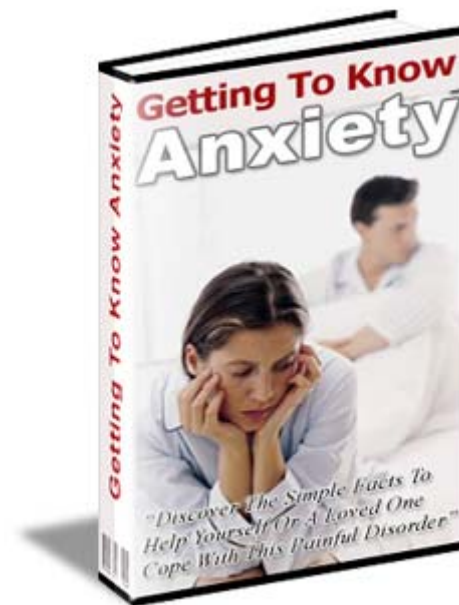


# Getting To Know Anxiety



This eBook Presented To You By:

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## A Short Forward

Alone. Confused. Scared. Terrified and in Total Panic?

That's how I USED to feel, until I discovered what it was that made me feel this way. I could have all the people around me in the world, and still I would feel all by myself. The only one on the planet that was having such difficult problems that were beginning to manifest themselves outward and affecting my ability to LIVE LIFE.

At first, I thought either I was completely INSANE, or that I must have an isolated case of some weird disease, that, of course, I could NEVER reveal to another living soul. Otherwise I'd end up LOCKED UP in a mental health facility!

I had NO CLUE what was happening to me. OR that other people were also suffering just as I was. These unprovoked 'attacks' would just spring up from out of nowhere, or so I believed at the time. They would occur while I was working, driving, eating, or doing any array of everyday tasks.

WHY was this happening to me? WHAT was happening to me? And, would it EVER STOP?? I didn't have anyone to speak with about this problem, because I didn't KNOW what it was.

Today, I'm a VERY different person. I KNOW what it is I am battling with on a daily basis. I KNOW I'm not the only one who struggles with it. I KNOW that this will be a condition I will most likely have for the REST OF MY LIFE. And I'm OKAY with that, because I KNOW that I suffer from Anxiety Disorder.

Hopefully by sharing the information I have found will help you in even the tiniest measure to get control back of your life and live with Anxiety and Panic Disorder.

## Introduction

Your heart starts to pound. . .You begin to feel dizzy or faint. . .You experience shortness of breath. . .You feel tingling or numbness in your hands and feet. . .You start to feel pressure in your chest. . .You think you may be dying or at the least having a heart attack. . .You think you may be going crazy. . .But you're NOT!

These are the classic symptoms of an Anxiety Attack. Millions of people scattered about the United States, not to mention other countries across the world, have them every single day. You may be one of them. Or you may know someone that is battling with this affliction.

Either way, you need to know how to help yourself, or someone you care about deal with Anxiety. And the best way to do this is through understanding what Anxiety is and offering them, or getting, the support they desperately need.

My hope is that as a long time sufferer of Anxiety and Depression, you can help yourself, or a loved one, not feel as if they are alone in this horrific disorder by reading through this guide.

It's at least a little reassuring that there are other people out there that are suffering just as you may be right now at this very moment, and that you CAN get help and begin to overcome this affliction.

You CAN learn to LIVE WITH IT and STOP letting IT control YOU.

## Who Suffers From Anxiety?

People who you would never suspect in a million years! In fact, Anxiety is such a widespread disorder that virtually **ANYONE** can suffer from it. Your uncle Buddy, your Grandma Jean, your sister Annie, your neighbor Joe, your best friend Patti, or your brother George, all can suffer this terrifying condition.

But, because Anxiety is one of those 'sweep it under the carpet', “embarrassment-type-I-think-I-might-be-going-crazy” disorders, people don't like to talk about it, or admit they are long time sufferers, especially if you are someone always in the public eye, such as Kim Basinger.

Kim had a long, difficult struggle with Anxiety disorder, and kept it a secret for quite a good portion of her life. You would never guess it to see her up on the 'silver screen' though would you? - But she in fact has spoken out publicly about her battle with Anxiety in the hope that this may raise awareness of this dreaded disorder. And it has. She is one brave soul to expose a huge portion of her private life like this. So thanks to you Kim!

Let us not forget also that Anxiety is believed to be an inherited disorder, although your mom or pop may not show the outward symptoms of it. Remember, this is an embarrassment disorder, or one that makes the sufferer believe they are, or are going, crazy.

However, not every person who has experienced an Anxiety attack will develop a full blown disorder, but don't discount the fact that potentially they **COULD**.

Here's an interesting statistical fact for you....

According to NIMH(National Institute of Mental Health) approximately 18% of adult Americans aged 18 years and over suffer from some form of Anxiety or Panic Disorder in any one year. That's about 40 Million! And, it is twice as common in women as it is in men. Hmmm. . .

Maybe this could be a contributing factor in why women worry so much about things? ;-)  
)

Coincidentally, the major reason for people not knowing what is happening to them, or that they are suffering from Anxiety or Panic Disorder **COULD** be attributed to the fact that many cases reported began in adolescence. Therefore, a child may not be as articulate in describing what they are experiencing compared to the ability of that of an adult.

The key here is to **LISTEN TO YOUR CHILDREN!!** You would **NOT** want them to endure a childhood full of suffering and not even know the reason for it.

Another interesting fact to be aware of is that Anxiety attacks don't only happen when a person is awake! They can, and often do, happen while sleeping.

How scary do you think that may be? - - Indescribable would be putting it **MILDLY**.

## What Is Anxiety?

Imagine being stood in front of a high speed locomotive and you are frozen solid to the spot. You are unable to move, knowing what is about to happen, and yet can do NOTHING to help yourself escape.

Now imagine being plunged into this scenario several times A DAY.

This is what it feels like for an Anxiety Disorder sufferer, - or as close as it can be described. The only difference is, there is no speeding train steaming towards you. It's unseen and comes from out of nowhere, completely without warning, "Crippling" you in utter fear.

Sound intense?

Believe me - It **IS**.

The 'official' 'unofficial' description of Anxiety is a disorder in which the individual afflicted feels an intense, irrational fear and an impending sense of doom or dread.

What this means is that, in 'layman's terms', if you suffer from Anxiety Disorder, or any form of it, that you will be confronted with paralyzing fear for no apparent reason that will make you feel as if there is no possible way out of it. And you can experience this unprovoked fear at any time within the course of a day.

In addition to suffering from Anxiety Disorder, an individual may also have other common disorders that go hand-in-hand with it such as Depression, Obsessive-Compulsive Disorder, Agoraphobia, or any other number of Phobias that make it all the more important to seek treatment for.



## What Causes Anxiety?

Short and sweet! - Everything and NOTHING!

Reread the definition of it above. Now the picture should become a bit clearer.

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

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 is – “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 its 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.

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 sufferer's 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 counselor.

## **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 longer than a half an hour. Give or take.

Even though it may be difficult, try to lie down and **RELAX**. If you can't lie down, sit still, close your eyes and focus on slow, even, breathing. This will help ease the symptoms somewhat. However, this won't relieve the attack completely, 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.

## What Can You Do To Support Someone Suffering From An Anxiety Disorder?

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.

Also, by attempting to in effect ignore the Anxiety attack, you are probably contributing to another disorder that goes hand in hand with Anxiety. . .Depression.

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 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**.

## Where To Get Help For Your Anxiety?

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.**



## Conclusion

Well, you have made it to the end of this ebook and hopefully you are coming away with more helpful information than when you began reading. Also, I hope that you were able to make it this far so I can leave you with a few more words of encouragement.

If you suffer from Anxiety, I commend you for making a choice to learn more about what it is, what you can expect, some steps you can take to get your Anxiety under control, and last but not least, finding someone that can understand what you are going through and know that you are not alone in your fight. You can get help and you should under no circumstances feel stupid, embarrassed, or any other judgmental thing about yourself for doing so. You are a person with feelings that happens to suffer from a serious disorder that deserves the right to be happy and comfortable with your life!

If you are on the other side of the token, and you are living with, care about someone with, or know someone with Anxiety, I truly hope that you have a clearer understanding of what that person faces on a daily basis and how you can help them get through the tough times.

Whether you are someone battling with Anxiety or someone who loves a person fighting this battle, I wish you all the best life can give to you. You are a wonderful person for taking steps to educate yourself on this serious illness. Congratulate yourself for a job well done!

All My Best Wishes,

Helen

[www.health-vitality.com](http://www.health-vitality.com)

For More Information and Advice on Natural Ways to Overcome Anxiety Disorder and Panic Attacks, visit Health & Vitality – Anxiety – [www.health-vitality.com/anxiety.htm](http://www.health-vitality.com/anxiety.htm)

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