



Stop the Fear

*Learn to Stop Anxiety Panic Attacks
and Take Control of Your Life*

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**Stop the Fear: Learn to Stop
Anxiety Panic Attacks and
Take Control of Your Life**

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Contents

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Introduction

Chapter 1: Anxiety Disorders

Chapter 2: Anxiety Disorders – Part II

Chapter 3: Controlling Anxiety Naturally

Chapter 4: Your Diet and Anxiety

Chapter 5: Children and Anxiety

Chapter 6: Performance Anxiety and Public
Speaking

Chapter 7: Social Anxiety

Chapter 8: Panic Disorder – Stopping a Panic
Attack

Chapter 9: Generalized Panic Disorder

Chapter 10: Other Anxiety Disorders

Conclusion

Introduction

Anxiety is something that everybody will feel throughout their lives. When we are afraid, apprehensive, nervous or fearful we feel anxiety.

We feel anxiety when anything that causes us stress happens.

Getting pulled over for speeding, taking a test, a job interview, losing a job, going on a first date, etc.

The causes for anxiety are many and common. Anxiety is a common thing that will happen several times throughout our lives.

Anxiety itself can manifest with a variety of symptoms that can include an upset stomach, headaches, feelings of dizziness, trouble breathing, diarrhea, trouble sleeping, inability to concentrate, hyperventilation and a feeling of tightness around your chest that can even feel like a heart attack.

Some situations that can cause anxiety:

Stress from work, school, home, relationships, health or finances

Emotional traumas such as a death, being a victim of a crime, victim of abuse, being involved in a natural disaster or an accident

Certain medications can cause anxiety

*Illegal drug use such as cocaine or
methamphetamine use*

*Withdrawal from opiates, Vicodin, barbiturates,
and benzodiazepines*

*Some medical illnesses can cause anxiety as a
symptom*

*Altitude sickness or emphysema or any other illness
or situation where there is a lack of oxygen*

Anxiety usually goes away when the situation that was causing the stress goes away. However, for some people, it does not, leading to panic attacks and anxiety attacks that are caused by anxiety disorders.

Anxiety disorders can lead to major problems that can have far-reaching, negative consequences to somebody's life because the anxiety just never goes away.

People with anxiety disorders no longer feel in control of their life because the anxiety takes control.

Often times, anxiety disorders are treated with medication and with therapy but an anxiety attack or a panic attack can still strike at any time and with very little warning. If you are suffering from an anxiety disorder, you should see a doctor.

The good news is that you can help yourself as well. Anxiety and panic can be managed.

We will be giving you the tools and knowledge that you will need to help get through the crippling attacks of anxiety and panic.

You do not have to live in fear any longer. If you suffer from mild anxiety or an anxiety disorder, you can help lessen the anxiety and the panic and get control of your life back.

Stop being at the mercy of panic and anxiety, learn to control, overcome it, and begin to enjoy life again.

Chapter 1: Anxiety Disorders

When anxiety goes beyond just simply anxiety and becomes a daily part of somebodies life that usually means that there is something abnormal going on, such as an anxiety disorder.

Anxiety disorders can, and often do, interfere with a person's daily life. It can affect their ability to work, their home life, their relationships and can lead to depression.

Once again, if you are feeling depressed or any thoughts of self-harm or suicide, you need to get to a doctor right away.

This book is geared towards helping you manage your anxiety in a variety of ways but some anxiety disorders will still require a physician's care, especially if you are depressed.

We will be going over the various types of anxiety disorders and their symptoms in this section.

Generalized Anxiety Disorder

People with generalized anxiety disorder have an overwhelming and all-consuming anxiety and worry when there is no physical reason to do so.

They worry excessively over everything in their lives to the point of nearly being obsessed with their worry and fear.

Their fears and anxiety is often over situations that are unlikely to even happen but to them it is a very real danger, even if they are the only one who can see it.

People suffering from generalized panic disorder will struggle to control the anxiety and worry that overshadows their lives.

Symptoms of generalized anxiety disorder can include:

feeling edgy and jittery

moody

continuing worry, stress and tension

imagined problems and exaggerated worries

headaches

nausea

sweating

trembling in the limbs

inability to sleep or to stay asleep

fatigue

muscle tension

Panic Disorder

Panic disorder is characterized by having continued panic and anxiety attacks.

A panic attack is when you get a sudden, intense, and often overpowering feeling of fear and doom. They come on with very little warning and last for anywhere between five to ten minutes although if you are in the middle of a panic attack it feels like it is lasting forever.

Our normal fear response is triggered, which causes the panic attack; sometimes there is a visible reason for some anxiety but the panic attack is well beyond what the normal bodily response should be and sometimes they occur without any noticeable reason.

People with panic disorder often become fearful of having a panic attack and worry about when the next one will happen.

Symptoms displayed during a panic attack can include:

hot flashes or chills

heart palpitations

sweating

shaking

hard to breathe

dizziness

tingling in the limbs

chest pain

nausea

hard to think

intense feeling of dread

feeling that you are about to die or in danger

choking feeling

Phobias

You will be hard-pressed to find somebody who does not have a phobia of some sort or another. From common (fear of flying, fear of heights, fear of spiders) to uncommon (fear of a certain number or color, fear of everyday objects), phobias have one thing in common, when somebody with a phobia comes face to face with the subject of their phobia the fear is nearly paralyzing. The most common symptom is a panic attack.

Posttraumatic Stress Disorder (PTSD)

This disorder is most often associated with soldiers returning from war or soldiers while at war can actually happen to anybody who has gone through a traumatic event.

PTSD is the result of any occurrence that has traumatized somebody by involving something so horrific that it has filled him or her with an intense fear.

Events such as being attacked, watching a loved get attacked, witness an attack on others, an accident, war, a catastrophic natural disaster, or any other situation that caused a total shock to the person involved.

Symptoms of PTSD can include:

Re-living the trauma through flashbacks or nightmares

Paranoia

Tendency to withdraw from the world in an attempt to avoid triggering a flashback

Inability to concentrate

Moodiness, irritability, inability to connect to others

Inability to sleep