

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Anxiety self help**

**By Jacob Felts**

No body has any fun with persisting anxiety problems. No body understands your situation when you are suffering from anxiety until and unless that person himself or herself has suffered from anxiety. Therefore in such case intake of a pill can help your situation or you can learn a few courses of action of self-help, which would help your deal better when you are anxious. However you must know that if you are taking pills to make living with anxiety better then you might as well become physically and psychologically dependent on pills. So you must not count pills as the permanent solution. You wont gain complete freedom of mind and satisfaction by taking pills. It is recommended that you seek doctor's advice so that the root cause of your anxiety can be detected at the initial stage.

You can always help your situation although the symptoms will never completely disappear. With the anxiety self help tools many people have learnt dealing better with anxiety. Here are a few things that will help.

1. Check your diet.

When we have a balanced diet then our bodies tend to function better. If there are no adequate vitamins, minerals in our diet then it might lead to emotional and mental troubles. Panic disorders can be caused due to deficiency in the regular diet. 200 mg of calcium and 1000 mg of magnesium should be added to your regular diet. Inclusion of iron, potassium, selenium and chromium will help to deal you with anxiety self help. Eating a lot of vegetables, whole grains and nuts can be taken as self help tool in managing anxiety. You must avoid refined sugar, soft drinks, alcohol, coffee, and any else that has caffeine content like tea, coffee, or chocolate.

2. Get some exercise.

Regular exercising will help your body to relax and relieve it from stress and also help toning your body. Therefore exercising definitely helps in alleviating anxiety. You must include a 30 minutes exercising program daily. Exercising helps in producing endorphins. You will see you feel better after you exercise.

## Anxiety self help

### 3. Learn how to relax.

It is important to learn to pursue activities that will help you to relax. Listening to music, talking to a friend, working on a crossword puzzle, read a good book, take a walk, a nap, paint a picture, or some other hobby? Doing things that you enjoy will definitely help to alleviate your stress.

### 4. Get enough sleep

If you are stressed and suffering from anxiety as a result, then try to get some deep and proper sleep. Sleep is a natural relaxer and sleeping will definitely do good to you when you are suffering from anxiety. Learn to let some of those other things go, and perform some anxiety self help.

### 5. Remove a negative attitude

There are various external forces that may add a negativity in you, which might lead to stress. Try and avoid developing any negative feelings. Such feelings can only spoil your day. In order to avoid such feelings grow in you may take help of the self-help methods and those are bound to help!

In short it is advised that don't external affairs stress you and aggravate your anxiety and you just make your living with anxiety easier by adopting some self-help measures.

<http://www.anxietycure.org/anxiety-self-help.html>

Get more information on anxiety self help here.

Jacob Felts is the author of

<http://www.anxietycure.org>

– Learn about

anxiety and depression here.

## **Is It Stress Or An Anxiety Attack?**

**By John H. Rogers**

Stress can lead to a host of problems and manifest itself in many ways. One of the more predominant results of stress is an anxiety attack. An anxiety attack can happen at any time to those who suffer from this disorder. Some studies have pointed to a steady increase of people who suffer from anxiety attacks and other stress related disorders.

Time Magazine printed an article that referred to the cause of anxiety attacks, which is stress, as an epidemic in 1983. No one would argue against the fact that the world around us has gotten to be a

## Anxiety self help

more stressful place, and that can only mean that the number of anxiety attacks will continue to increase.

In today's world, no one is immune from the ill effects of stress, whether it is in the form of depression, agoraphobia or anxiety attacks. Many of us have experience an anxiety attack and never knew it for what it actually was. That's because few people know the symptoms of an anxiety attack. Those who suffer from repeated anxiety attacks learn to know the symptoms, and when the onset of an attack is on its way.

A true anxiety attack is much more intense than just feeling stressed out at the end of the day. An anxiety attack can come on suddenly at any time, not just after a single stressful event. Often, the attack overwhelms the individual in one instant, and for no apparent cause. It is estimated that one out of three Americans will experience an anxiety attack, and one out of every seventy five people worldwide will experience an anxiety attack at least once within their lifetime.

How do you know if you're suffering from an anxiety attack? Well, the symptoms are varied, but they can be very intense, so it is easily distinguished from the regular stressed out feeling we have at the end of the day. If you are experiencing any of the following symptoms, you could be having an anxiety attack, and should see a doctor right away.

Extreme nervousness with shaking.

Difficulty breathing, feeling as though you cannot get enough air.

Runaway heartbeat.

For more information about anxiety attack, click the link to visit our website at

<http://www.top-anxiety-attack-resources.info>

. We have some great free articles and resources about anxiety attack.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**