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**How To Get Rid Of Anxiety And Panic Through Self-awareness**

**By Stephen White**

Anxiety is often described as having cognitive, somatic, emotional, and behavioral components

(Seligman, Walker & Rosenhan, 2001). The cognitive component entails expectation of a diffuse and uncertain danger. Somatically the body prepares the organism to deal with threat (known as an emergency reaction); blood pressure and heart rate are increased, sweating is increased, bloodflow to the major muscle groups is increased, and immune and digestive system functions are inhibited. Externally, somatic signs of anxiety may include pale skin, sweating, trembling, and pupillary dilation. Emotionally, anxiety causes a sense of dread or panic and physically causes nausea, and chills. Behaviorally, both voluntary and involuntary behaviors may arise directed at escaping or avoiding the source of anxiety. These behaviors are frequent and often maladaptive, being most extreme in anxiety disorders. However, anxiety is not always pathological or maladaptive: it is a common emotion along with fear, anger, sadness, and happiness, and it has a very important function in relation to survival.

1. Self-awareness

We can evolve and develop self awareness as a result. Once you gain self-awareness, you will start to see things in fuller light. Self-awareness is an amazing process, since you have balance and an honest point of view of whom you are, including what type of personality you possess. Self-awareness builds on qualities, since you gain the ability to intermingle with other people while remaining honest about who you are at the same time showing confidence in your abilities. Once you gain this trait, you will soon discover that stressors are less dramatic, thus stress will decrease. Anxiety and panic can be destroyed.

2. Control

Control can be achieved through self-awareness. No, matter how big or small the problem you will see a way out of the situation when you have self-awareness. As you can see, the panic and anxiety will take flight while you fight through your journey of life.

3. More Self Confidence

## How To Get Rid Of Anxiety And Panic Through Self-awareness

As you grow into self-awareness, you will feel confident of your abilities. You will learn new skills while holding firm to your beliefs. Your convictions will increase as you feel self-assurance in your abilities to succeed in life. Your faith level will rise, while you will discover you trust in people to do what is true, as well as yourself.

### 4. Enhance Your World

Beliefs can expand your world. What follows self-awareness and confidence is trust, and reliability. Trust and closeness will enhance relationships.

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<http://counselingcentral.info>

## **Inside Looking Out At How To Get Rid Of Your Anxiety And Panic**

**By Stephen White**

### 1. Controlling panic and anxiety

You have control but you can't permanently stop anxiety and panic. When your child fails to call you and let you know if he or she is ok, then you will panic and fears will imprint your mind. Now, you can run with that fear and panic, while stressing over the situation or you can do something about it. Did you call his or her friends? Did you call the school? Did you call everyone your child knows? Did you tell the neighbors? Think before you react. Oh yes, you have probable cause to worry, however, your child being late does not mean the worst happen. Are you comprehending this?

### 2. Results of panic

Panic can cause many negative things. When we start to dread the worst, it builds and causes anxiety and panic. We think horror, terror, and the worst, thus training our mind to consider all negative possibilities.

### 3. Causes of fear

I cannot stress that fear is the number one cause of anxiety, panic, fear, death, murder, crime, alcoholism, drugs, rape, and so forth. If you search the documents or history, you will find fear racing through the channels of each mind that acted out in a wrongful way. Check it!

### 4. Reality test

You can choose to take the following test. Whoops! Didn't mean to spark your emotions... Do not worry however, since this test is to check your reality. You come to a road crossing and a car pulls out in front of you speeding away. What do you feel? How do you react? You reacted out of fear, and probably called the person a jerk or worse after your emotions calmed down. You likely panicked,

freaked, and felt anxious wondering if the car would hit you. What was real and what wasn't?

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