PART #1: HOW TO STOP A PANIC ATTACK

When you have extreme anxiety or a full blown panic attack, do you know what to do?

I mean do you actually know what steps to take to make a panic attack stop once it’s begun? My guess is, you don’t. I didn’t either. I just used to wait for them to pass, and that meant I suffered some horribly long and unbearable attacks.

So I’ve put together a handful of steps you can take to actually stop a panic attack once it’s already begun, and that’s what you’re going to learn in this opening part of this handbook.

First of all I’m gonna show you some simple things you can do while you’re having a panic attack to dramatically reduce its intensity, and sometimes even stop the attack completely.

Then I’m gonna show you a more unusual idea that you won’t have come across before. It requires a tiny bit of work, but it’s fantastic at stopping and preventing future panic attacks, so it’s well worth your time.

Okay, first up, the simple things you can start doing right now if you have an attack:

1. The Paper Bag Trick

Have paper bags with you all the time, or strategically placed around your house. Alternate your breathing - 30 seconds breathing into the bag, 30 seconds breathing normally. Do this during an attack, or if you feel an attack is on its way.

The image of someone with an anxiety disorder sucking in air from a paper bag has become a bit of a cliché, but it’s a proven method to bring an end to an attack, and that’s exactly what we want.

2. Don’t Suffer In Silence

When you’re having a panic attack, put the TV or radio on. Or play music through speakers or headphones.

When you’re having a panic attack it’s very easy to feel like you’re losing control (and losing your mind!). In a silent room this sensation is magnified many times.
Sounds in the room will help to “ground” you in reality and stop that sickening feeling of losing touch with the world.

If you also suffer with depersonalization, as I did, the sounds will also work wonders in eliminating it during attacks.

### 3. Reassure Yourself - Out Loud

I made the mistake of only reassuring myself “in my head” during panic attacks, which is completely ineffective. Something very different happens when you hear your own voice. The reassurance is much more real.

I found that my internal thoughts didn’t help at all in calming me down, and in some cases the internal thoughts actually became negative thoughts.

“Out loud” thoughts are much more powerful, and the panic finds it much more difficult to overpower them the way it overpowers your “in your head” thoughts.

So tell yourself, out loud and firmly, that you’re okay, you’ve experienced this before, you know what it is, and you know it will pass and leave you safe and well.

Now onto the slightly more unusual idea I mentioned just now...

#### ***Advanced Method***

After you’ve had a panic attack, take a minute or two to write down how and what you thought during the attack. You can also use a voice recorder for this, instead of a pen and paper – personally, I use a voice recorder, and it works very well.

If you do this a few times, you’ll soon realize that your attacks are all very similar, and all follow the same patterns.

So in the future when you’re having an attack, you can have your notes or voice recording with you and see or hear where your thoughts are going before they ever happen.

The reason this works so well is because it takes the mystery and the unknowns from your attacks. One of the worst things about having a panic attack is that feeling of losing control, and not knowing what’s gonna happen next.

With your notes by your side, or your voice recording playing, you take the frightening unknowns away from your panic attacks, and that takes away a lot of their power too.
This idea of making notes and recordings and then referring to them during an attack is incredibly powerful at stopping panic attacks, so I really hope you give it a try.

So those are a few little techniques you can start to use today to stop your panic attacks as soon as they begin. If you want more ways to stop your panic, and you want them shown to you in a simple and step-by-step plan, check out my website here: http://InstantPanicRelief.com

**PART #2: HOW TO CURE YOUR ANXIETY IN YOUR SLEEP**

As with part #1 of this handbook, I’ll start off with some simple tips and strategies that will *immediately* give you better sleep, starting the next time you go to bed.

Then I’ll move onto a more unusual idea that will probably be new to you, and it’s something that can truly be the difference between falling asleep worry-free and waking up refreshed, and lying awake all night terrified and waking up feeling like death.

**1. No Negative Thinking In Bed**

More worry and anxiety happens when you’re lying awake in bed than at any other time of the day. That’s pretty incredible when you consider it’s the place where we should be most relaxed!

This problem probably affects you at night when you’re lying awake trying to sleep, during the night when you wake up, and in the morning when you’re awake but not up yet.

So the key here is to eliminate as much of this “worry in bed” time as possible. The easiest one to solve is the worry in the morning, when you’re awake but you haven’t got up yet.

The simple solution here is to get up the moment you wake up!

This is a very simple idea, but it’s amazing how much anxiety this will remove from the start of your day.

Getting up before your mind has a chance to remember all the things it could be anxious about will give you a better start to the day than you’ve had in a long time.
As for the times when you wake up during the night and start to worry/panic—well, this one’s slightly trickier. But there are things you can do!

First of all, if you’re awake longer than a few minutes and you feel your anxiety increasing, get up out of bed. Being in bed in the silence will just make any anxiety you feel seem even worse.

Have a warm shower or wash your face with warm water, potter around for 10 minutes doing something that doesn’t need much focus (a bit of tidying, listening to some soft music, skimming reading a magazine etc.), and then go back to bed.

The key here is to recreate a “natural” going-to-bed routine.

So instead of lying awake for hours you get up for a bit, and then finally when you return to bed you treat it as if you’re going to bed for the first time. This is much more natural for your body to accept than it is to lie there for hours when you can’t sleep.

It’s far more likely that you’ll get back to sleep doing this than simply lying there.

2. Stick To The Same Schedule

If you’re suffering with a sleep problem for any reason, not just one that’s caused by anxiety and panic, then sticking to the same schedule every day is great advice.

By simply going to bed at the same time each night and getting up at the same time each morning, your body’s internal clock will get back to normal. Many of your body’s functions, including the releasing of hormones, are affected by your wake/sleep cycle.

You know that feeling of being constantly “burnt-out?” That’s often because your adrenal glands are working even when they should be resting. One of the common causes of this is an irregular sleeping schedule.

Getting back into a regular routine will fix this and many other problems too.

So do your very best to go to bed each night at the same time, and get up each morning at the same time too. When you start out doing this, you may go through a couple of tough days while you get back into the correct routine, but it will be worth it.

And also beware of sleeping in late on weekends, or days when you don’t have to be up early. All your hard work can be undone with a couple of late lie-ins!
3. Have A Slow-Down Hour Before Bed

Many of the problems that I had sleeping were because of what I was doing before I actually went to bed each night.

I was often watching TV in bed right up until the moment I turned out the light and tried to sleep. This is a very bad idea! The same goes for any loud or heavy music, and even for reading if the subject is heavy or extreme.

So the first thing to do is eliminate anything stimulating for at least an hour before you go to bed. You should also not do any exercise at all for at least a couple of hours before bed.

And try to develop a new pre-bed routine - a “slow-down” routine, as I like to call it.

Consciously begin to ease back on everything for the last hour before you go to bed. Stroll around like you’re on vacation.

If you like to have a bedtime drink of some kind then sip it outside if it’s a nice night and enjoy the fresh air.

If it’s too cold outside, curl up on the couch and relax for 20 minutes while you enjoy your drink.

It may sound a bit obvious to give this kind of advice, but how many of us really give ourselves time like this? Even those of us who do don’t do it enough.

If you’re a bath-taker, then whenever you can take one right before you get into bed. Make it warm, but never too hot. A warm bath has been proven in many studies to put the body in just the right state for great quality sleep.

So make this slow winding-down hour a new part of your pre-bed routine. It can work unbelievably well when you’re not sleeping.

***Advanced Tip***

I’m gonna ask you to give something a try here, even if you doubt that it’ll work for you.

Just humour me :)

Click Here To Find Out How To Stop Panic Attacks And General Anxiety Quickly & Naturally
Because pretty much everyone who’s tried this simple thing before bed has told me that it’s completely changed their quality of sleep, and therefore eased a lot of their anxiety.

It’s all based on listening to relaxation sounds in bed before you try to sleep.

I’m sure you’re familiar with these relaxation sounds – the sounds of rainstorms, jungles, forests, that kind of thing. *I* was aware of them, and I used to avoid them like the plague because I thought the idea was nonsense!

But then I **tried** it and I was **amazed** at the difference it made.

Here’s why it works.

When we’re lying in bed at night before we go to sleep, we’re often thinking unpleasant thoughts. But these aren’t the ones doing the **real** damage to us. They’re bad, but they’re not as bad as...the *subconscious* thoughts going on in our heads.

These are the ones that wake us up in the night and leave us too anxious or terrified to get back to sleep. And we don’t even know we’re having them, so how can we stop them?

This is where the relaxation sounds come in.

These sounds work because they distract our subconscious thoughts. It’s why it’s often calming to lie in bed listening to wind or rain outside. These sounds take the attention of our subconscious thoughts, allowing our minds to truly relax and take a break from the constant worry.

And these sounds distract in a good, natural way, unlike TV or music.

So here’s what I’d like you to try: Each night for at least 5 minutes (preferably 10) listen to some relaxation sounds. You can buy cheap CDs in stores with these sounds on, and if you do a bit of hunting you can find them for free online.

Using these sleep tips together can really improve the quality of your sleep, and that will have an instant and positive impact on your anxiety levels.

And if you want even more great advice on how to sleep so that you wake up anxiety-free and have no panic during the day, [click here to check out my Instant Panic Relief program](https://www.instantpanicrelief.com).
PART #3: SURROUND YOURSELF WITH RECOVERY

In the third part of this handbook, I’m gonna be talking about a subject that for me was one of the biggest reasons I was able to finally beat my problems with anxiety and panic disorder. And I’m confident that it can have just the same beneficial effect for you, so I hope you’ll give these ideas a try.

And the ideas I’m talking about are all based on a concept I call “Surrounding Yourself With Recovery.”

To understand this concept of “Surrounding Yourself With Recovery,” we need to first look at its opposite, which is “Surrounding Yourself With Negativity.”

When it comes to your problems with anxiety and panic disorder, “surrounding yourself with negativity” means spending the majority of your time focusing on all the negative aspects of your panic and anxiety.

This includes things like spending too much of your time with other people with similar anxiety-related problems. And this doesn’t just mean being physically around other people – it could also mean being around them on forums and message boards.

Spending too much time in the wrong kinds of forums and message boards is another big part of “surrounding yourself with negativity.”

Something else that’s a part of the “surrounding yourself with negativity” problem is reading books about anxiety, and how to overcome it. Even though it seems like a good idea on the surface to be helping yourself by reading books on how to beat anxiety and panic disorders, it can cause you to focus too much of your time and energy on the condition itself.

That’s why all aspects of “surrounding yourself with negativity” can be so damaging.

Spending too much time with other people with anxiety and panic-related problems, spending too much time on forums that are full of people with anxiety and panic-related problems, and spending too much time “reading up” on anxiety and panic disorders – it all adds up to “surrounding yourself with negativity.”

So what I did was reverse this, and begin to spend much more of my time “surrounding myself with recovery.” And that’s what I’m suggesting you try to do as well. I think you’ll be amazed at the difference it can make for you.
To make this change, all you have to do is avoid the kinds of things I pointed out a moment ago – all those things that are “surrounding yourself with negativity” – and begin to actively seek out people and ideas that are focused solely on beating anxiety and panic disorders.

So instead of being around people who are also suffering with anxiety right now, surround yourself with people who once suffered with anxiety but are now better.

Instead of visiting forums and message boards that are full of people who are also suffering with anxiety, visit forums and message boards that are full of people who’ve had anxiety and panic disorder and beaten them.

Instead of reading books that concentrate on how to beat your anxiety, try reading books written by people who’ve already had anxiety and beaten it.

Doing these simple things will get you away from “surrounding yourself with negativity” and onto “surrounding yourself with recovery,” and you’ll immediately be in better shape.

To get you started, I’ve got a few suggestions of ways for you to “surround yourself with recovery.” These are some of the things I did myself to take control of my anxiety-related problems.

First of all, a couple of books I’d recommend. If you’re the kind of person who likes to read, these books will be very helpful.

Here’s the first one. It’s called “Life Isn’t Just A Panic: Stories of Hope By Recovering Agoraphobics.”

If you don’t have agoraphobia yourself, don’t be put off. It’s a great book for anyone with any form of panic disorder. The important thing is it’s written by people who had terrible anxiety and panic-related problems who have found ways to cope with and beat their conditions.

One by one they tell their stories of their own battles with panic and anxiety, and then they go into how they overcame it. It’s a great book, and you really should check it out.

The second book I’d recommend is this one: “Beyond Anxiety and Phobia: A Step-by-Step Guide to Lifetime Recovery.” Unlike the previous book, this one isn’t written by recovering sufferers of anxiety, but it does focus very dearly on recovery, and it’s another great example of “surrounding yourself with recovery.” It’s another very good book.

If you’d like to read either of these two books, just go to any of the Amazon sites and search for their titles. Or any good book store will be able to reserve them for you.
This idea of “surrounding yourself with recovery” is very powerful, and when you begin to put these ideas into practice you’ll be amazed at how they can help you.

**PART #4: HOPE & EXPECTATIONS**

Over the past 2 years I’ve had the chance to speak to literally hundreds of people with panic and anxiety disorders. And something that almost all these people had in common (and something that I experienced myself until about a year back) was a complete loss of hope.

There was one thing that all these people and I were sure of, and that was that tomorrow would be the same as today, and next week would be the same as today, and next year would be the same as today. We all knew with absolute certainty that this problem of ours – this constant panic and anxiety and dread and fear – was never going to leave us.

And of course, it didn’t leave us.

And I’m now a firm believer that a huge reason why it never left us was because we were so sure it wouldn’t.

I know in my own case, I’d given up hope of ever feeling well again. I’d given up hope of leading a normal life again. Most of my time was spent trying to cope with my problems – to find new tricks to help me live with my panic and anxiety.

What I did was live the life of someone who was completely resigned to his fate. I just got through one day at a time, and if I had a day when I only had one or two panic attacks, I’d feel like I’d had a victory.

If I had one of my bad days, where I’d have as many as 10 or 15 panic attacks, and spend most of the day terrified, crying, and experiencing all kinds of horrible physical symptoms...

Well, if I had a day like that I just got through it and crossed my fingers that tomorrow would be better.

I’d lived that way for so long that it no longer even entered my mind to think of recovery.

I thought this frame of mind was something that only I had, but after speaking to hundreds of people who were experiencing similar problems I realised I was far from unique.
Like me, they also had given up hope of ever becoming well again. And just like me, their lives had become centred on coping with their problems, without ever having thoughts of overcoming their panic and anxiety.

They just got through one day at a time the best they could.

They just accepted that this was the way their life was now – that this was how life would always be.

When it clicked that we were all thinking this way, it suddenly dawned on me that this could be one of the reasons why none of us were getting better.

So I started looking into it.

I studied everything I could on the subject of hope and positive expectations. I bought seminars on DVDs, I read every book I could get my hands on, I listened to interviews with psychologists, and most importantly I spoke in more depth to the people I’d met through forums and my website.

This approach I have of immersing myself in information is the only approach I’ve found that works when it comes to panic and anxiety disorders.

I’ve realised that if you just read books on panic and anxiety then nothing much happens. After all, if the answers were in those books, most of us would be fine because it would mean there was a simple solution to our problems.

So I immersed myself in the subject of hope and positive expectations, and I started seeing patterns and ideas that were really exciting to me.

Some of these things were pretty obvious, and they were the kinds of things that you should have known but you don’t, until they’re pointed out to you. And some of the other things were more unusual, and things that you would never come across unless you were really looking deeply into the subject.

So at the most basic level, what I realised again and again as I studied this area, was that we become what we think of.

It’s easy to hear something like that and dismiss it as psychological mumbo-jumbo. But if you really accept this idea, and you keep it right there, front and centre in your conscious mind, this realisation can completely change the way you think.

In my own case, once I’d accepted this idea as the truth, and once I’d lived for a few weeks with this new perspective in place, I saw many aspects of my life, and my problems with anxiety, very differently.
I realised that what I am today – what all of us are today – is a direct result of the thoughts we’ve had in the past. I realised that thoughts are not just fleeting things that happen and then vanish forever. They’re causes – our life and everything about it are the effects, and the thoughts we’ve had are the causes.

Another way to put it? We control our lives with our thoughts.

When I looked more closely at this idea – that we become what we think of – I came across a man called Earl Nightingale. He was a motivational speaker who was prominent back in the 50s. I liked some of what he had to say, and one thing in particular struck a chord with me on this “you become what you think of” idea.

Earl Nightingale liked to compare the human mind to the land on a farm. He would say that just like the farmer, who has a choice what he plants on his land, we as people have choices what thoughts we plant in our minds.

Because all thoughts, good or bad, will grow big and strong in our minds. So planting positive seeds, thoughts of optimism, hope, and success, will lead to a calm mind and a contented life. But planting seeds of negativity, hopelessness, and failure will lead to unhappiness, depression, and in our cases, panic and anxiety.

I realise this is a pretty simplified way to look at things. But I think it’s a great way in to this new way of thinking. Making changes like this to the way we live our day to day lives isn’t easy, so simple comparisons like this can really help.

Apply this idea of planting positive or negative thoughts in our minds to the people I mentioned at the start of this section of the handbook – the hundreds of people, who like me and you, had lost all hope.

What was that lack of hope doing to them?

Imagine all those hopeless, negative ideas passing through their minds, all day every day. Each one of them growing stronger every day, possibly overwhelming any small beacon of hope that might try to edge in.

Once you successfully start using some of these ideas yourself, you’ll quickly realise how damaging your thoughts have been up until now. And until it’s pointed out to us, it’s almost impossible to spot. After all, these aren’t the obvious panicky thoughts that we’re sure are the root-causes of our panic and anxiety disorders.

These are the hidden thoughts that are on our minds all day, every day.

So if one of the answers to beating panic and anxiety is to stop living without hope, and to start living with optimism and belief that better times are coming, I guess the question you’re asking is...How do we do that?!
The strange answer I’m gonna give you is that you’re already doing the most important thing you can be doing – and that’s reading this handbook right now, and pro-actively looking for ways to improve the quality of your life and to beat your problems with panic and anxiety.

When I think of where I was myself two or three years ago, I was nowhere near being in a place to try to help myself like you are right now. Like I said earlier, I was just getting through each day, an hour at a time, a minute at a time, coping, feeling sure in my heart that this was the way I would be for the rest of my life.

So whether you know it or not, somewhere inside you, you already believe you can be well again. That’s already a huge step beyond where you may have thought you were right now.

Back when I started looking for answers to my own problems I had a similar realisation.

One day it suddenly dawned on me that if I was spending so much of my time looking for answers then I must have some small amount of hope that I was gonna find some.

So once you have that small nugget of hope inside you, as you now know you do – and as I knew I did two or three years ago – what next? Well, it’s pretty simple.

You nurture that hope.

You do everything you can to make it grow, to encourage it to become bigger and bigger, clearer and clearer.

Because the more hope you have, and the more confident you are that it’s justified, the quicker it will lead you away from panic and towards calm.

WHAT NEXT?

I hope the ideas in this handbook will help you to ease and eventually overcome your problems with panic and anxiety. These ideas are generally very simple to start using, and you can see that even simple changes to your life can make a huge difference to how you feel, both mentally and physically.

If you want to take things a giant leap forward, then the best thing you can do right now is go through my Instant Panic Relief program.

Click Here To Find Out How To Stop Panic Attacks And General Anxiety Quickly & Naturally
It’ll show you the exact step-by-step plan I used to end more than 17 years of unbearable anxiety and panic attacks. And these ideas don’t just work for me - they work for people all around the world, every single day.

I won’t waste your time explaining it anymore here, because I have a website that does just that, and it’ll tell you everything you need to know. You check it out at the link below:

Check Out Instant Panic Relief Here

I hope you’ll take the time to check it out, and I really hope to be hearing your success story in a few weeks’ time!

Best wishes,
Alex Taylor.