

The background of the entire page is a soft-focus photograph of yellow flowers, likely daisies, with green foliage. The flowers are out of focus, creating a bokeh effect with warm, golden-yellow tones. A white rectangular box is centered on the page, containing the title and author information.

How to Work Through & Eliminate Panic Attacks

BY SHANNON JACKSON
A HEALTHY PUSH

Hi there!

Yes, you are capable of eliminating panic attacks.

I am so happy that you are reading this because it means that you are ready and willing to do the work in order to push past panic attacks.

I know that you are probably feeling frustrated, tired, angry, sad, and just plain over it. I feel you! I struggled with anxiety, panic disorder, and agoraphobia for 15 years, and have experienced thousands of panic attacks. Panic attacks are so incredibly hard. They can lead to some pretty awful and scary symptoms, and they are mentally and physically draining.

For a long time, I searched for *the thing* that was going to make it all disappear. I tried EVERYTHING! From medication, to oils, supplements, natural remedies, so many different healing techniques, over a decade of therapy, and just about everything in between!

And the good news... Through my long and hard journey, I learned how to work through panic attacks (and quickly), and eventually ditched them for good! And I will teach you how to do the same. I will walk you through each step and provide you with examples so that you can put these steps into action.

These steps WILL help you to work through AND eliminate panic attacks. I know because they worked for me! If you dedicate some time, practice, and a little patience, you'll make panic attacks a thing of your past for good!

Let's dive in!

Shannon

Working Through & Eliminating Panic Attacks in 4 Steps

Step 1:

Acknowledge how you feel & feel it

A huge mistake that I often see is people try to ignore how they are feeling and just hope that the feelings go away. Unfortunately this doesn't work! And I'm sure that you've already discovered this. **Don't ignore how you feel.** Trying to ignore how you are feeling will lead to more anxious feelings and likely a panic attack.

When you are feeling anxious, scared, uncomfortable, trapped, overwhelmed, vulnerable, not in control, etc., acknowledge these feelings by telling yourself how you feel. Say it out loud if you're able to!

For example: 'Right now I am feeling anxious and uncomfortable. I feel lightheaded, dizzy, and like I'm going to pass out.'

And if you are with someone, talk it through with them. I'm a huge fan of sharing your struggle. I know that it's hard to share this stuff with others, but letting others know how you are feeling will give you relief just by saying it out loud! Sharing how you are feeling is a great way to acknowledge your feelings AND stop them from continuing to create more anxiety and panic.

Step 2:

Do a Mindfulness Exercise

I LOVE mindfulness exercises because they help to get your brain back into the present moment rather than being focused on all of the unproductive, unhealthy, and negative thoughts that are cycling in your brain. And the right mindfulness exercises are simple, easy to do, and reduce and eliminate anxiety and panic quickly!

One of my favorite mindfulness exercises is a simple breathing exercise.

Here's how you do it:

Count from 1 to 10 and each inhale & exhale is a number.

For example: 1 (inhale), 2 (exhale), 3 (inhale), 4 (exhale) and so on...

When you get to 10, count back down to 1.

Sticking from 1 to 10 will keep your mind focused on the breathing exercise and ensures that your brain doesn't trail off and start thinking of unproductive things again!

If you are with someone, or you are on the phone with someone, have them walk you through and/or do this exercise with you!

Working Through & Eliminating Panic Attacks in 4 Steps

Step 3:

Start Positive Self-Talk

This tool is one of my favorites because it's SO powerful! Your brain has been taught to think a certain way, and the only way to undo this is to change your thoughts from unproductive, unhealthy, and negative messages to productive, healthy, and positive ones! **Using positive self-talk will start to eliminate all of the thoughts that lead to anxiety and panic.**

Let's give your brain a new way of thinking!

Below are some positive self-talk messages that I recommend giving to yourself as often as you can, and especially when you are experiencing anxiety and panic! Write them down, put them in a place you'll see every day, and say them out loud.

Your brain needs to hear and realize how capable you are, and these messages will help you to get there!

POSITIVE SELF-TALK:

- I will successfully work through this, just as I always have.
- I will overcome anxiety, panic, and agoraphobia.
- I am okay and I am going to be okay.
- I am brave.
- I am in control.
- I am doing an amazing job working through something really hard.
- I am safe.
- I am powerful.
- I can do this!
- I am capable.
- This is temporary.

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Step 4:

Be Kind to Yourself, Always

Whether you successfully work through an anxious moment, a panic attack, or prevent a panic attack, THIS IS HUGE!

And you wanna know something? **You've always successfully worked through every anxious moment and panic attack.** I know that it doesn't feel like success, but you have always done it, which means that you are capable!

When you are struggling with anxiety and panic on a frequent basis, it's so easy to beat yourself up and convince yourself that your life will always be filled with anxiety and panic. This is a lie! And beating yourself up is another thing that will only cause and ultimately increase anxiety and panic.

Being kind to yourself is so important because it helps to reinforce healthy messages to your brain which will increase your self-confidence and undo the unhealthy pathways that lead to anxiety and panic. Below are some of my favorite kind messages. Write them down, put them in a place you'll see every day, and say them out loud.

KIND MESSAGES:

- I just successfully worked through an anxious moment/panic attack!
I am doing a great job.
- I trust my capabilities.
- Anxiety and panic does not define who I am.
- I am strong!
- I am amazing.
- I am smart.
- I love myself.
- I am loved.
- I am working towards living the life I want and deserve to live, and I will get there.
- I believe in me.

Working Through & Eliminating Panic Attacks in 4 Steps

And there you have it!

The more you practice and use these 4 steps, especially in moments of anxiety and panic, the quicker you'll work through them and ultimately eliminate panic attacks for good!

And it's okay to feel anxious. You are going to feel anxious sometimes. **But remember, you are in control of whether or not it leads to a panic attack.**

Use these 4 steps and you will push past panic attacks.

You are capable!

Shannon