

Title:

What Transpires During A Panic Attack

Word Count:

554

Summary:

What we usually perceive as a possible threat or danger brought about by a panic attack actual

From the brain, signals are sent to the nervous system of our body.

It is the nervous system that is responsible in preparing our body to face or to escape the th

It is also responsible in returning our body to its original state of equilibrium or tranquili

In layman terms, there is this ind...

Keywords:

Article Body:

What we usually perceive as a possible threat or danger brought about by a panic attack actual

From the brain, signals are sent to the nervous system of our body.

It is the nervous system that is responsible in preparing our body to face or to escape the th

It is also responsible in returning our body to its original state of equilibrium or tranquili

In layman terms, there is this independent region of the nervous system responsible for the ri

The fall in feeling or subsiding feeling works to restore balance and equilibrium, bringing ou

Let us use our example earlier about graduating top in class. Before the valedictory speech, t

The rising feel is the controversial section of the nervous system which starts the anxiety (c

You might ask: Exactly what part of our body is activated during a panic attack?

In medical terms, just above the kidney are the adrenal glands that release adrenaline (a horm

Remember that anxiety within controllable levels is here to protect and not to harm, which is

What can we do to control anxiety to a tolerable level? We can engage in some coping technique

Coping techniques are actually a means of activating the subsiding feel even before the percei

It would be interesting to note that our body is an ingenious work of art.

We need not fear that anxiety will reach an uncontrollable level because our body cells are wi

We may even think negatively and perceive the worst scenario; yet our bodys ingenuity will sti

To sum up what we have discussed so far, anxiety or panic attacks are actually products of our

Entertain yourself by visualizing a caricature of two persons - one representing your mind and

This is a demo version of txt2pdf v.10.1
Developed by SANFACE Software <http://www.sanface.com/>
Available at <http://www.sanface.com/txt2pdf.html>