

The Panic Attack Checklist:

**Learn To Identify Common Triggers And Stop Panic
In Its Tracks...**



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The Panic Attack Checklist

Most people suffering from panic want to know what causes their symptoms so they can find relief quickly. With any disease, it is important you identify the causes for your symptoms to achieve adequate relief.

While there are many medications that can treat the symptoms of chronic illness including anxiety, few eliminate the causes for disease. Most healthcare providers agree it is important to rule out underlying causes when attempting to decide the best way to treat anxiety disorders including attacks of panic. The good news is once you do identify personal triggers, treating your symptoms can become much easier!

If your disease stems from a biological condition, then treating the underlying biological syndrome may help relieve your symptoms.

Anxiety and Panic

Anxiety and panic often go hand-in-hand. Usually someone has an anxiety disorder before an experience of anxiety or attacks of panic occur. Panic attacks typically represent escalations of anxiety caused by identifiable triggers or events. Sometimes a person experiences these events minimally, while other people experience chronic attacks of panic, often referred to as “panic disorder” by some healthcare professionals.

Anxiety can result for many reasons, as can attacks leading to panic and excessive worry. Most people experience anxiety in similar ways. Common symptoms include increased heart rate, palpitations, shortness of breath and sweating.

Some people may become so agitated they feel they might die. Many times these feelings precede a panic attack. Others experience panic or anxiety in the form of anger or irritability. Many people report feeling confused or afraid. All of these symptoms are normal, but it is important you recognize them because they will help you identify the causes for your panic attacks and underlying anxiety. While not all causes for anxiety or panic can easily be treated, many can, depending on the severity of the attacks, the length of time one experiences anxiety and the type of therapy or therapies they use to address their symptoms.

This checklist will help you identify personal panic attack and anxiety triggers. By identifying triggers, you can work to avoid them or eliminate them entirely from your life.

Some people find simply that knowing what there triggers ARE can help them minimize the symptoms of an attack of panic or anxiety before it becomes out-of-control.

Triggers

Below we will list some common triggers for panic attacks. Take a careful look at this list. Highlight items you feel may contribute to your own symptoms of anxiety and panic.

Once you do this, consult with a competent medical professional and use the tools and strategies outlined in <http://www.stopthatpanicattack.com/> to learn new ways of combating panic successfully.

Some triggers are simple enough to eliminate from your life without much effort. Others may require intensive therapy, like cognitive behavioral therapy for example. Using this form of therapy, your doctor will work with you to help eliminate negative self-talk so you will feel less anxious and more confident about your abilities.

Here are some of the more common triggers for panic attacks:

- Stress** – How much stress do you have in your life? Stress is one of the more common causes for anxiety, which can lead to attacks of panic. Stress comes in many forms. It can result from lifestyle habits, from one's job or career, or from external factors. You may find you have several different causes for stress in your life. Learning tools to reduce even a few of your stressors may help relieve your anxiety or the frequency of attacks of panic you experience in your life.

- Illness** – Some people experience more anxiety or attacks of panic when they are ill. This may result from excessive worry, and at times may result as a side

effect of medications they take to control their illness. Others worry they are not able to meet the demands of their family or jobs when ill, which may trigger anxiety or panic attacks.

- ☑ **Social Phobias** – Panic attacks or anxiety may result when you face upcoming social events. Some people do not handle interpersonal relationships or interactions with others well, causing anxiety. With time, this can lead to overwhelming anxiety or bouts of panic.
- ☑ **Hormonal Disorders** – Physiological disorders including hormonal disorders can trigger panic in many.
- ☑ **Insomnia** – Too little sleep may make you more prone to anxiety or panic.
- ☑ **Loss** – A recent death in the family or loss of a loved one or animal may trigger anxiety and panic.
- ☑ **Irritable Bowel Syndrome** – Chronic diseases, including those causing embarrassment or discomfort, commonly trigger bouts of anxiety or panic.
- ☑ **Chemical Imbalances** – These may be natural, or caused by ingestion of allergens, foods we are sensitive to, consumption of too much alcohol or even drug use.
- ☑ **New Situations** – For some people, new situations, like a move to a new job or neighborhood, trigger anxiety or attacks of panic.
- ☑ **Unknown Causes** – Sometimes a person experiences a panic attack for no “known” reason. If this happens, make sure you pay careful attention to the events occurring in your life. By working with your doctor or other healthcare provider, and keeping track of your

lifestyle, you may find you can identify the cause of your attacks of panic or anxiety with time.

Naturally, each person is unique and different. Not everyone who experiences attacks of panic have the same trigger. Some people have very specific attacks of panic in certain situations, like when driving. This may result from a post-traumatic stress event, like a previous car accident.

Other people may experience panic when exposed to bees or other insects. They may have a specific type of anxiety disorder known as a phobia. There are many causes for phobia, and you will have to work with a healthcare professional to identify your personal triggers.

Keep Your Panic Diary Handy

It is important you examine your lifestyle and habits when working to identify the causes for anxiety and panic in your life. One easy way to keep track of your anxiety and assess the causes for panic is by keeping a panic or anxiety diary. Make a point at the end of each day to comment on your day.

If you experienced a panic or anxiety attack, note the time. What were you doing? What may have triggered the attack? Do you usually experience panic during this time of day or during events similar to the ones you experience that day? The longer you track these experiences and events, the better able you are to discover patterns in your thinking, and find new ways to cope with and address anxiety, panic and fight triggers for these feelings.

Your panic diary does not have to be complicated to be revealing. If you make short notes about your days for a few weeks, your doctor and you can work to reveal patterns in your anxiety and panic. This can also aid your doctor when he or she recommends a course of therapy most likely to help you resolve panic.

Keep a record of the date and time panic attacks occur if you like, you can even do this from your computer, and print out your results to bring with you when you visit your healthcare provider. You can also record the results of your efforts to combat anxiety and panic in your diary. For example, if you try three of the strategies listed in <http://www.stopthatpanicattack.com/> you can then evaluate what effect they have if any by recording your feelings in your diary.

You may find some strategies work quicker than others, or better than others, when trying to resolve panic. You may find a combination of eliminating triggers, reducing others and seeking guided care through medicine or therapy may be the best method for controlling anxiety and limiting or eliminating panic attacks from influencing your life. When you eliminate and reduce anxiety and panic, you automatically improve the quality of life. Most people start realizing small gains at first, which then convert to larger gains over time.

Remember even small gains in the fight against panic and anxiety are good gains!

Remember, attacks of panic are controllable. When you learn to identify triggers for anxiety and panic, you can slowly start eliminating them from your life and start leading a better life.

For more information about how to deal with anxiety and panic, please visit:

<http://www.stopthatpanicattack.com/>