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Being “In The Moment” With Panic Attacks

This is not the only page of the website which discusses how the panic/agoraphobia sufferer can benefit from hypnosis, in particular, the “Breathe Easy and Conquer Anxiety” hypnosis track from Dr. Larry Deutsch.

I have provided my reasoning as to why I felt his tracks were the best from my perspective, in particular for someone suffering from panic attacks, agoraphobia and anxiety. The relaxation from hypnosis can be very beneficial; additionally, the benefits don’t necessarily just last while the session is taking place, or in the case of the hypnosis tracks, the recording is being played.

When I began my journey of recovering from panic attacks I found the track “Breathe Easy and Conquer Anxiety” to be very beneficial in helping me relax during the session and even into the next day. Dr. Deutsch has other tracks, which I also purchased and found beneficial.

The reason I think hypnosis is really beneficial, especially in the early stages, is that it does not require you to do any particular technique, which can increase your anxiety but it engages a “relaxation response” This relaxation response is the opposite of the “fight or flight response” The fight or flight response of course is the response to be engaged when one is experiencing a panic attack.

That’s another reason why hypnosis is so beneficial. By learning to relax, such as the case with Dr. Deutch’s self-hypnosis tracks, you can really how to stabilize your anxiety through the day and be more “in the moment.”

Being “in the moment” is something that requires some elaboration.

If you’ve previously had any experience in which you are completely consumed within any activity you’ve been doing then you’ve experienced being “in the moment.” These are the times in life that can be most enjoyable.

The really wonderful thing though is that being “in the moment” through hypnosis can allow you to really be consumed by the present moment even if you are just being still, or just relaxing on a park bench and looking at the clouds, etc. In other words, you can be completely relaxed even when you’re not extremely busy.

Once one takes this being “in the moment” experience into various experiences encountered in day-to-day life, the more these varieties of experiences become relaxing and even more enjoyable.

It’s not surprising that this state offers many overall health benefits not just emotional ones. It’s also not surprising that we often do our best work when we’re “in the moment.” You no doubt have heard expressions like “on a roll,” or “in the zone.” Well really these expressions capture just one of the experiences that being “in the moment” can afford us.

The bottom line: Whether or not you use hypnosis to be “in the moment,” it’s important to really practice this concept. In my previous newsletter I offered a technique for doing just that.

In the end, though, I personally recommend that you join my FREE Newsletter by simply visiting www.PanicAttackRecovery.com and providing your email address in the sign-up box. Subscribers can opt out of our newsletter at any time.

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