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## **Walking And Relief From Panic Attacks: 10 Good Reasons To Do So**

Something as simple as walking can be helpful for those suffering from anxiety, panic, depression; it can be a great overall mood enhancer. It helps the body release endorphins which can serve as a mood elevator. It also helps stabilize mood.

When I was going through my journey with panic attacks and anxiety I walked everyday. Sometimes my mood would just start to life when I went out for a walk. Sometimes I went for a couple of walks. It was very refreshing. Again it's something that's very good for you.

It also can be helpful to establish a routine. I always feel better once I return from a walk, even today.

It's also great way to keep extra pounds off (if that's a concern) or simply to stay healthy.

Aside from the obvious physical and emotional benefits, I think the experience of being outside with nature can be extremely powerful. It allows you to take in the sights, smells and sounds and feeling of the breeze and animals if you're fortunate to be in an area with them around.

I can tell you that many people with anxiety and panic often overlook walking as a help for anxiety and panic, but it is. This is a key recommendation by many psychologists.

Another benefit to walking is that it can open up our creativity to generate news ideas.

Whether it's something related to a project we're working on, or even a problem or something that's been bothering often we'll have moments of clarity where the solution to a problem just seems to come to us.

What a great feeling indeed.

I think that it can be a great way to unleash your creative side for a variety of things. It can also be a time in which you think of a great thing to do for a loved one.

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I first began walking on a consistent basis after experiencing panic. I would notice every now and then I would have a moment where I'd think of something and would experience happiness, or at other times I'd just be walking and for no reason a feeling of happiness would come over me.

It was a great experience.

**Here are 10 good reasons to start walking:**

- Walking doesn't cost any money.
- it doesn't require you to learn any special technique.
- It doesn't require any special equipment.
- You can do it alone or with others.
- It can make you feel better.
- It can make you physically healthier too.
- You can do it at any age. If you start walking now, it's something you'll likely be able to keep up into your golden years and beyond.
- It's a great routine.
- It gives you something to look forward to
- It can be a great motivation for others to become physically active. Your routine of walking can serve as a great example to others and improve their lives too.

So you see there are 10 good reasons why you should be walking today. If you do not already do so, I recommend getting started today.

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