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Anxiety and Health

I wish to discuss the great issue of wellness and how it can be a great benefit to anyone suffering from anxiety and panic attacks.

Prior to coming down with my anxiety and panic attacks and agoraphobia I did not take care of myself.

I overate, smoked, drank too much, and did not exercise. I was in a job that I did not like. The activities I mentioned were my only means of stress reduction. I didn't have patience or have any interest in all the natural stress reduction exercises that were out there and had no immediate interest in exercise. I always told myself that I would exercise and watch my diet at a later time in my life.

I began having panic attacks, and at that point, I became quite concerned about what was wrong with me. Despite being checked out several times by different doctors I still felt that there must really be something physical wrong with me.

Right there and then I made the decision to give up my bad habits and start taking care of myself.

Now it was very hard for me to give up these things but I felt it was something I needed to do to help lessen my anxiety. So despite the advice of a doctor I gave these things up cold turkey. (I definitely would not recommend doing so but rather recommend you seek the help of a capable healthcare practitioner in kicking bad habits)

This was one of the things that turned the corner for me – taking up a healthier lifestyle.

I became interested in various forms of wellness and how these things could be pleasurable but still healthy – such as healthy recipes and relaxation exercises such as hypnosis, etc.

The point I'm making is that just taking care of myself made me feel better about myself.

Now I know what you're probably thinking: This is so basic advice and obvious.

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Can you say that you are doing everything you probably should be in regards to your own health and wellness? Now I don't know you – so maybe you are – but the point is, many people are not doing enough.

Now I haven't told my story to make you more anxious but rather to encourage you to really become proactive in your overall health and wellness, and not JUST focus on your panic attacks.

You really can feel better by making small changes. For instance, beginning to look at a healthier diet, starting to do some regular exercise such as walking, swimming, etc.

By making the changes discussed above I began losing weight, feeling more energetic, generally more positive, feeling overall more confident.

Now I know you are probably thinking that it is too hard to worry about these things because you are preoccupied by your panic attacks and anxiety. But the truth is: taking these types of steps for your overall health can be exactly what will be helpful.

Additionally, by focusing a little of your time on overall wellness you can start to take back some time for you – time not taken by panic attacks - and this shift in focus, however brief, can begin to grow more and more every day where you keep edging out more and more “panic attack time” which is currently dominating your life.

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