

# Download When Anxiety Attacks

When an anxiety attack starts, exhale deeply, loosen your shoulders, and focus on some longer, deeper inhales and exhales that let your belly rise and fall. Place one hand on your belly if you need to feel this happening.

An anxiety attack can roll in with most of the above or just a few symptoms, coming one after another or all at once. The symptoms can last from a few seconds to a terrible half an hour, though the average number is 10 minutes – says, Doctor Merav Gur.

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When anxiety attacks, running is often times our default reaction. But is there a better way? Discover what is at the center of your anxiety and learn how to resist it instead of running from it.

Anxiety and Panic. Panic attacks are intense periods of fear or feelings of doom developing over a very short time frame -- up to 10 minutes -- and associated with at least four of the following: Panic attacks and panic disorder are not the same thing.

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