Hello,

Below you will find your customizable messages.

To edit the messages quickly and easily just copy

the code phrases below into the "find/replace"

feature in your text editor. This is usually found

under the "edit or search" menu at the top of

the page.

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**Instruction**s

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Here is a link to a quick video that will show you how to

customize all of the messages in this set at one time:

<http://www.lisamcope.com/customizing-messages>

- Highlight and copy the copy and paste phrases including

the quotation marks. One at a time and paste them in

to the "find what" box.

- Type your own information in to the "replace with" box.

- Click the “replace all” button.

You're done now just check to see if all of the information

is correct and then paste your messages in to your follow

up auto-responder and start sending it.

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**Copy and paste phrases**

------------------------

"autoresponder code here" (found in your autoresponder service)

"confirmation link" (found in your autoresponder service)

"your name here"

"your email address"

"your URL here"

Best of luck with your ventures,

Lisa M Cope,

If you need help or have any questions

please visit the help desk at:

<http://www.lisamcope.com/help>

<http://www.plrnewsletters.com>

<http://www.plrjunkies.com>

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Conformation message:

Hello "autoresponder code here"

Thank you for your interest in receiving our emails

It is very important that you confirm your subscription

so that we can start sending your messages.

Please take a minute and click the link below

to confirm.

"confirmation link"

We will send your first tip as soon as we receive

your conformation.

Remember we value your privacy. We will never rent,

share or sell your email address.

"your name here"

----------------------------------------------------------------

**Message # 1**

Subject line: Your First Understanding Anxiety & Panic Issue

Hello "autoresponder code here",

Welcome to your first issue of Understanding Anxiety & Panic.

In each issue of Understanding Anxiety & Panic you will learn

valuable information that will help you learn how to recognize the

signs and symptoms of anxiety attacks

It's a simple fact of life, everyone worries, has concerns, gets

nervous and feels certain fears, experiences and apprehensions

at some point in their lives. Often one or more of these emotions

happens on a daily basis.

Did you know that to a certain degree, anxiousness is actually

healthy, because it enables the body to react to certain stimuli and

causes us to take action and perform better?

As long as the feeling is relative to the situation or problem at

hand, it is perfectly normal.

However, when anxiety gets severe, chronic and irrational, you

might already have an anxiety disorder and experience episodes

of anxiety attacks.

Common symptoms include of an anxiety attack are:

The fear of going crazy.

Sometimes when a person is under tremendous pressure they

may feel as if they are going crazy. This is even more evident

during time of an anxiety attack.

If this has ever happened to you I want to assure you that there is

very little possibility that you are really going crazy. It is far more

likely that you are not going crazy and it is only a symptom that you

are experiencing.

How can I be so sure?

Because going crazy is not a conscious act and people who are

suffering from mental illnesses don't even know that they have one.

Again, if you are experiencing excessive fear or irrational

thoughts, you are not going crazy.

Dry mouth

This is another common symptom and is a natural occurrence

during and anxiety attack. To counter dry mouth just sip on water

or try a piece of hard candy to stimulate the production of saliva.

Shaking and shivering

These are two necessary functions that your body uses to keep

your temperature normal. When body temperature drops from

normal, the muscles spasmodically contract, creating friction

between muscles and body tissues, thus increasing the body

temperature. During anxiety attacks, shaking and shivering is

normal.

Heart palpitations

These are also common during an attack. You may feel like your

heart is missing beats. This is caused by the release of adrenaline

into the bloodstream. This is perfectly normal and can’t cause

damage to your physical well being. However, it can cause

discomfort and lead to more severe symptoms if you don't learn

how to control your attacks.

Body pain

Feeling pain in your neck, shoulders, jaw, mouth and stomach, as

well as having a headache is also common. When the body is

under stress, parts of the body usually get tense, which results in

pain. Do your best to try and relax if this occurs.

Chest pain

This is a normal body reaction to an anxiety attack because

of muscle tension. Sometimes, chest pain is misinterpreted as a

heart attack, but it is important to identify from one another as the

latter can be deadly.

Shortness of breath

This is the most distressing symptom of anxiety attack. It feels like

your chest can't expand to take in the necessary air that your body

needs. If you experience this there are three important points that

you should remind yourself of and that is that you will not suffocate,

stop breathing or pass out. This is a temporary symptom of your

anxiety attack.

Feeling detached

This symptom of an anxiety attack alters the way you experience

yourself and the way you see reality. It makes you feel like

everything around you is a dream, foggy or unreal.

While recognizing the signs and symptoms of anxiety doesn't

require you to understand the workings of the human body, what

it does require is awareness on each of the symptoms and the

effects that they may have when they are ignored.

Please be aware that different people manifest different

symptoms and behaviors when experiencing an anxiety attack.

The intensity of the symptoms differs as well and may appear

different with every attack.

If you experience effects that last well after the attack has passed

it is important to consult a health professional, so that you can be

sure that there aren't any other underlying conditions that you

should be aware of.

Understanding anxiety is the first step towards controlling the effect   
that it has on your life, so do your best to learn everything you can

about how it can affect you.

Make sure you look for your next issue soon. We will be talking

about panic attacks and the symptoms that come along with them.

We will also talk about panic disorder and agoraphobia.

Thank you again for joining,

"your name here"

"your email address"

"your URL here"

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**Message # 2**

subject line: Understanding Anxiety & Panic

Hello "autoresponder code here",

In the last issue we talked about how you can recognize the

signs and symptoms of anxiety attacks. In this issue we are

going

to talk about panic attacks and the symptoms that come along with

them. We will also discuss panic disorder and agoraphobia.

As we discussed in our last issue anxiety has signs and

symptoms that can be identified and managed once you know

what they are.

While anxiety and panic attacks do have similar symptoms there

are differences that you should be aware of.

For instance a panic attack is a sudden surge of overwhelming

fear and anxiety that usually occurs without any clear reason and

without warning.

Most of the time these attacks are a onetime occurrence, but

some people experience recurring episodes. Recurring episodes

are often caused by a trigger, like speaking in front of a crowd or

doing a presentation at work.

Panic attacks may also be a part of another disorder such as

depression, panic disorder, or social phobia. These disorders are

generally harmless, but people who suffer with them still feel as if

their life is out of control.

As with anxiety attacks, panic attacks are manageable once you

understand the signs and symptoms.

A panic attack can happen anytime, but it usually happens when

you are away from home. You may be at a store shopping, at work

preparing for a presentation, in a class, driving, walking down the

street or even during asleep.

The signs and symptoms develop quickly and usually reach their

peak in about 10 minutes. The majority of panic attacks don't last

for more than 30 minutes and rarely last for more than an hour.

Just like with an anxiety attack, a person having a panic attack will

exhibit these signs and symptoms:

- Increased heartbeat or palpitation

- Chest pain

- Hyperventilation or shortness of breath

- Stomach churning, upset stomach

- Trembling and shaking

- Muscle tension

- Sweating

- Dizziness and light-headedness

- Hot or cold flashes

- Tingling sensation or numbness

- Fear of dying, going crazy or losing control

- Feeling detached from the surroundings

Now let's talk about panic disorder. While most people only

experience a panic attack once or twice in their lifetime with no

complications or lasting effects and if you should happen to have

more than that there is no reason that you should be overly

concerned.

However, if you have experienced several episodes short period

of time then you may be at risk of developing a panic disorder.

Recurring panic attacks along with persistent anxiety for future

attacks and major changes in behavior can be considered a

panic disorder.

There are two main symptoms of panic disorder:

1 - Phobic avoidance

2 - Anticipatory anxiety

Phobic avoidance

When you begin to avoid certain things or situations based on the

belief that it will trigger another attack. It can also be avoiding

situations that have caused a previous attack. You may also avoid

places or situations where escape is difficult and help is

unavailable, like riding an elevator or an airplane.

Extreme cases of phobic avoidance are a disorder called

agoraphobia. Which is the fear of being in any situation where you

might experience an anxiety or panic attack.

Anticipatory anxiety

The "fear of fear" or the fear of having future panic attacks. A

person manifesting this symptom is usually extremely tense and

over anxious. When ignored, this condition can be disabling.

Then there is the combination of panic disorder with agoraphobia.

Agoraphobia is traditionally believed a fear of open places or

public places, it literally means "fear of the marketplace."

However, now it is believed that agoraphobia is fear of

experiencing panic attack in a place where help is difficult or

where escape would be difficult.

People with agoraphobia tend to avoid the following situations or

activities:

- Being away from home

- Driving

- Confined places where there is a possibility of being trapped

(elevator, theaters, public transportation, stores)

- Going out with "unsafe" person or someone he or she isn't

comfortable being with.

- Places where it would be embarrassing to have a panic attack

like parties and other social gatherings.

In severe cases, people with agoraphobia often see their home as

the only safe place.

People diagnosed with agoraphobia show different symptoms.

But common to all agoraphobics is avoidance either being in

public places or being alone. This is actually a character of

phobic avoidance.

The difference is that the effects of agoraphobia can significantly

limit the person's normal activities. What sets agoraphobia apart

from panic disorder is the amount of activities that the person

avoids.

People with panic disorder stay generally active, although there

are specific situations that they tend to avoid. On the other hand,

agoraphobics limit their activities because of fearful thoughts.

These fearful thoughts can be very damaging to a person's life as

well as relationships with others.

Either way, both conditions are the result of panic attacks.

Make sure you look for your next issue soon. We will be talking

about some natural ways that you can deal with anxiety attacks.

"your name here"

"your email address"

"your URL here"

----------------------------------------------------------------

**Message # 3**

subject line: Understanding Anxiety & Panic

Hello "autoresponder code here",

In the last issue we talked about the symptoms of panic attacks,

panic disorder and agoraphobia. In this issue we are going to

talk about some natural ways that you can deal with anxiety attacks.

Anxiety attacks can be damaging to a person’s well-being and can

alter the way a person lives. During an anxiety attack, a person

thinks, reacts, and behaves abnormally. This happens because

the chemicals in the body become unbalanced, which worsen the

effects of anxiety even further. As a result, the person feels

physical pain, experiences irrational fear, and shows a

disproportionate reaction to normal things.

Their social life may suffer, including relationships with friends,

relatives, family, and even themselves. If the condition isn't

addressed and properly treated, the person may think that their life

is worthless. In extreme case, they may commit suicide. It is very

important that on the onset of an anxiety attack that you do

something to counteract the effects.

While a severe attack should be treated under the supervision of

a trained professional there are natural treatments for anxiety

attacks that can be used for mild episodes.

- Meditation and relaxation techniques

These are proven effective methods in dealing with anxiety

attacks. Through meditation and relaxation techniques such as

breathing techniques, the mind will be able to control the body.

Meditation and relaxation techniques can be used during an

anxiety attack to slow down the heartbeat, control breathing, and

divert the mind away from the cause of anxiety attack. Although

these methods require practice, once you learn the proper

techniques, they are very effective.

- Diet

The food we eat plays a very large role in our overall health,

including our mental health. A well-balanced diet and healthy

eating promotes a healthy brain and a healthy body. Natural and

organic foods are of course a better choice than processed

foods or those with preservatives and chemicals.

- Exercise

Along with diet, exercise is another important factor, because it

helps promote healthy well-being. Studies suggest that as

little as 30 minutes of exercise, 3 to 5 times a week can have

great effects to the body as well as the mind.

- Herbal treatments

St. John Wort, Hyperforin, 5HTP (5- hydroxytryptophan), Melissa

officinalis, Ginkgo Biloba, passionflower, valerian, scullcap,

California poppy, hops and lavender are used as an alternative to

prescription drugs to treat anxiety.

Natural herbs can be made as tea, but some of these are

already available over-the-counter as powder, liquid, capsule, oil,

tincture, tablets and tea.

Word of warning: Don't mix herbal treatments with prescription

medications without consulting your doctor first.

- Pray

If you believe in the power of prayer, pray. Many studies show that

prayer is an effective way to relieve stress and anxiety, because

prayers have a soothing and calming effect both on the body and

on the mind.

- Laugh

Laughter still holds the title as the best medicine. This is

because when you laugh, your body releases endorphins or

"happy chemicals" that help you to feel good and happier.

- Identify where anxiety is coming from

Sometimes, anxiety attacks happen for no apparent reason. But

that doesn't mean that there is really no reason. After all something

can’t happen out of nothing. So if you experience an anxiety

attack, there must be a trigger. It might be directly linked to the

attack or it might come from something else, totally apart from the

event.

Once you identify the cause of the attack (which is as important as

recognizing that you are having one), it is easy deal with it directly

and process your condition using the natural ways mentioned

above or through medication and therapy.

Make sure you look for your next issue soon. We will be talking

more about panic attacks, so that you can understand them

better.

"your name here"

"your email address"

"your URL here"

----------------------------------------------------------------

**Message # 4**

subject line: Understanding Anxiety & Panic

Hello "autoresponder code here",

In the last issue we talked about some natural ways that you can

deal with anxiety attacks. In this issue we are going to talk more

about panic attacks, so that you can understand them better.

What is a panic attack?

A panic attack is a sudden attack of exaggerated anxiety and fear.

Often, attacks happen without warning and without any apparent

reason. As we have discussed before, some people may

experience just one episode of a panic attack, while others can

have recurring episodes.

Recurring episodes usually happen after a person is exposed to

various events or situations that may "trigger" panic. While it is

generally harmless, panic attacks can severely disable a person

physically, emotionally and psychologically. In extreme cases,

panic attacks can lead to panic disorder.

Who gets panic attacks?

The condition affects many people. It is believed that 10% of the

total population suffer from panic attacks, yet many are still

undiagnosed or under-diagnosed. They tend to occur more in

young adults. Women are twice as prone to have an attack as

men. It is also said that the condition is genetically inherited so

panic attacks may run in the family.

How do you know if you are having an attack?

A panic attack can be identified by different signs and

symptoms. They include

- increased heartbeat or palpitation

- chest pain

- hyperventilation or shortness of breath

- upset or stomach churning stomach

- trembling and shaking

- muscle tension

- sweating

- dizziness and light-headedness

- hot or cold flashes

- tingling sensation or numbness

- fear of dying, going crazy or losing control

- feeling detached from the surroundings.

The signs and symptoms of panic attacks are similar to a heart

attack. The former isn’t dangerous, the latter can be deadly. It is

best therefore to seek for emergency medical help, especially if

the patient experiences it for the first time.

What cause an attack?

Many panic attacks happen without any apparent reason. They just

come out of the blue. However, attacks may be caused by past

traumatic experiences such as death of a loved one, family

conflicts, bad relationships, divorce of parents, car accident,

public humiliation, etc.

An attack may occur when a person is exposed to various events

or situations almost similar to the past that may "trigger" panic.

Stress is closely linked to panic attacks. Triggers include a

stressful life event as well as stressful working or living

environment.

What should you do during an attack?

Panic attacks peak from 5 to 10 minutes and rarely last for more

than half an hour. But during this time, you can experience

discomfort such as those signs and symptoms mentioned above.

Since increased heart rate is the main reason for experiencing

other symptoms, it is important to take control of your breathing

during an attack. Breathe slowly and deeply as you can. Breathe in

slowly for 3 counts then hold your breath for the next 3 slow counts.

Then, exhale for 3 slow counts.

Do this until you are calm. If you are able to stand, get up slowly

and walk around. It is also helpful to breathe into a plastic or a

paper bag. This allows you to re-breathe your carbon dioxide.

Carbon dioxide helps correct the blood acid level that had been

disturbed by excessive breathing.

While practicing deep breathing, try to focus your attention away

from the cause of panic. Replace your anxious thoughts with

happy ones. If available, do something that will occupy your mind

such as solving puzzles and playing word games.

Make sure you look for your next issue soon. We will be talking

about how to help someone that is having a panic attack.

"your name here"

"your email address"

"your URL here"

----------------------------------------------------------------

**Message # 5**

subject line: Understanding Anxiety & Panic

Hello "autoresponder code here",

In the last issue we talked about the effects of panic attacks, so

that you could gain a better understand of them. In this issue we

are going to talk about how to help someone that is having a panic

attack.

As we discussed in the last issue, panic attacks often occur to

anyone without warning. So whenever someone has an attack, it is

important that you know what to do.

We also know from our last issue, during an attack, a person may

experience many different symptoms including and increased

heartbeat or palpitation, chest pain, hyperventilation or shortness

of breath and so on.

If a person is experiencing an attack for the first time it is important

to seek emergency medical help as quickly as possible.

You will want to identify the cause of the symptoms and rule out

more life threatening conditions as soon as possible. Keep in

mind that hyperventilation or shortness of breath can be a sign of

asthma. Chest pain, increased heartbeat or palpitation and

sweating can be a heart attack.

That is why it is important to talk to the person and determine if the

symptoms are caused by other medical conditions. When in

doubt, seek out a qualified health care professional.

While waiting for help do your best to find the cause of attack.

Once you have established the cause or trigger of the panic

attack, take the person away from it.

Don’t make an assumption about what the person needs. A

person who is suffering from an attack may know exactly what to

do or have medications which will get them through the attack, so

it is best to ask.

Don't surprise or startle the person having an attack. Be

predictable with your movements. Don’t grab, hold or restrain

them during the attack. Remain calm and keep them as calm

as possible.

Reassure the person that everything is going to be fine, but don't

dismiss their fear by saying "it's all in your mind" or "don't worry

about it" or "you are overreacting." Take note that the fear is

very real to the victim, so it dismissing the fear has no effect and

can even make the matter worse.

Help them to control their breathing. Many people breathe

heavily during an attack; others hold their breath. Using deep

breathing technique is a very effective way to purge the symptoms

of a panic attack as well as calm the patient down.

Guide the person and tell them to breathe in for 3 slow counts.

Then ask them to hold their breath for 3 slow counts and breathe

out for another 3 slow counts. Do this several times until the

person is calm.

You can also advice them to breathe into a paper bag. This way,

they will re-breathe their carbon dioxide. Carbon dioxide helps

correct the blood acid level that had been disturbed by excessive

breathing. But be careful when using paper bags since they may

trigger another fear.

Stay with the person throughout their ordeal. Never leave a person

especially if he is having difficulty in breathing. Be patient, they

may act rude or unfriendly, but remember that it is temporary and

they will go back to normal as soon as the attack is over.

Don’t forget that for the person, the thoughts and feeling are real.

Reassure them that help is on the way. Never allow them to do

things that will put their life at risk.

Make sure you look for your next issue soon. We will be talking

about some different ways that you can handle an anxiety attack.

"your name here"

"your email address"

"your URL here"

----------------------------------------------------------------

**Message # 6**

subject line: Understanding Anxiety & Panic

Hello "autoresponder code here",

In the last issue we talked about how to help someone that is

having a panic attack. In this issue we are going to go over some

of different ways that you can handle an anxiety attack.

For a person that has never experienced an anxiety attack, they

can be seen as an abnormal and irrational panic over trivial things

or accidents or for no reason at all.

As we have talked about before, attacks usually occur without

warning and a person can simply burst into fear.

Certain triggers can set off an anxiety attack. For instance, getting

stuck in an elevator, being called to speak in class or present a

presentation at work, but in other cases attacks come out of the

blue.

An anxiety attack is disproportionate reaction to the situation or

problem at hand, leaving the person excessively fearful, or

sometimes incapacitated, which affects life, relationships,

happiness and peace of mind.

A person undergoing an episode of anxiety can exhibit several

symptoms at varying degrees during and attack.

As we know these attacks usually peak within 10 minutes and

rarely last for about a half an hour. But during that time, a person

can totally lose control of themselves and show multiple symptoms

To handle an attack, a person must:

First try to relax.

Although it is often impossible to relax during an attack, it

is very crucial not to submit to the emotion. Deep breathing helps.

It calms and relaxes your mind and body.

During an anxiety attack, focus your breathing to slow down your

heartbeat. That also diverts your attention from the attack which

helps you recover faster. Take some time and practice deep

breathing exercises even if you are not stressed or feel anxious.

Think positively.

Again, during an anxiety attack, it is often impossible to relax and

calm yourself, but you have to be in control. Do your best to push

positive thoughts to your head.

Don't anticipate that something bad will happen because in

reality, there isn't. Keep in mind that the more you think negatively,

the more anxious and panicky it is going to be.

Keep reminding yourself that it will be over soon.

And it will. Anxiety attacks only last for a short time, so there is no

reason for you to think and feel that your world is over. You don't

have to be mindful of the time. You don't even have to count every

minute that passed. What you should be doing is be conscious

that it will not going to last forever.

Start an exercise program.

I am sure that you are aware that exercise has lots of benefits for

both to the body and the mind. It is also a great stress buster and

anxiety reliever. Experts agree that as little as 30 minutes of

exercise, 3 to 5 times a week is enough to lower the level of stress

and reduce the chances of having episodes of anxiety attacks.

Talk to someone you trust.

It can be your friend, your spouse, a relative or a therapist. Often,

having someone who listens and understands what a person is

going through will make a lot of difference.

Make sure you look for your next issue soon. We will be talking

about what makes people vulnerable to panic attacks.

"your name here"

"your email address"

"your URL here"

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**Message # 7**

subject line: Understanding Anxiety & Panic

Hello "autoresponder code here",

In the last issue we talked about some of different ways that you

can handle an anxiety attack. In this issue we are going to talk

about what makes people vulnerable to panic attacks.

Panic attacks don’t come from out of nowhere, though the

possibility of them coming out of the blue can't be discounted.

Nonetheless, there is always that something that triggers the

occurrence of such attacks. Experts believe that there are many

pre-disposing factors that make people vulnerable to panic

attacks.

Including the following:

Genetics.

Panic attacks run in the family. If you’re great grandfather suffered

with an anxiety and/or panic disorder, then there is a relative

possibility that you might as well. In typical cases, people who

have relatives with panic attacks are twice more likely to

experience either acute or chronic but intermittent episodes of

panic disorder than people who don't. Nonetheless, there are

people who have family history of panic attacks that don't develop

the disorder.

Medical causes.

There are several medical conditions that can lead to the

development of panic disorder and panic attacks. Among them

are mitral valve prolapse, hypoglycemia, hyperthyroidism, abrupt

withdrawal from medication usage, and use of stimulants.

Mitral valve prolapse, otherwise known as MVP, is a heart

disease that affects the mitral valves, the part of the heart that

prevents the back flow of blood. The symptoms of this disease is

shortness of breath and chest pain along with others.

Not only do these symptoms resemble those of panic attacks but

research by the American Heart Association confirmed that there

is a direct link between MVP and panic attacks.

Hypoglycemia, on the other hand, is a condition characterized by

a lower level of blood glucose. Meanwhile, hyperthyroidism is also

a condition that is somehow linked with panic attacks. This

condition is caused by the overproduction of thyroid hormones

namely T3 and T4 hormones.

Abrupt withdrawal from certain medications is also believed to be

a cause of panic attacks since it may trigger sudden changes in

the body. Another factor that may lead to the development of

panic attacks is the use of stimulant substances such as

beverages with high caffeine content and marijuana.

Medications.

The body's reaction to foreign materials with medical properties

isn't always necessarily positive. There are cases when the

substances found in the drugs produce the right conditions in the

body conducive to the arousal of panic attacks.

For example, methylphenidate which is more commonly known as

Ritalin is used for patients with ADHD or Attention Deficit.

It is used to treat Hyperactivity Disorder as well as narcolepsy

which can also cause panic attacks for some people.

Gender.

According to studies females are 50% more likely than their male

counterparts to develop the disorder.

Major life events.

Substantial events in life that lead to extreme changes can create

the right environments for the occurrence of panic attacks. This

may be because such drastic changes create tension in a

person's life, upsetting the order of things and forcing the person

to confront the changes.

If the person fails to respond accordingly, the tension may persist

and they might be overcome by it. Thus, producing a number of

symptoms that could be characterized under psychological

disorders, panic attacks included.

Phobias.

Although the statistics are not established yet, it seems clear that

people who have severe cases of phobias are more susceptible

to developing panic disorders. This could be due to the fact that

phobias cause elevated levels of fear to start with.

So as you can see there are many factors that can make people

vulnerable to panic attacks regardless of age, race or family

history. Understanding what may lead to a panic disorder will help

you to better understanding how to combat the symptoms

associated with them.

Make sure you look for your next issue soon. We will be talking

about the various treatments available for panic attacks.

See you soon,

"your name here"

"your email address"

"your URL here"

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**Message # 8**

subject line: Understanding Anxiety & Panic

Hello "autoresponder code here",

In the last issue we talked about what makes people vulnerable to

panic attacks. In this issue we are going to talk about the various

treatments available for panic attacks.

As we discussed in the last issue, many factors that can make

people vulnerable to panic attacks and while the cause of panic

attacks is still not fully understood. What is known is that it can

happen to anyone, without any reason, regardless of age.

Meaning, that a happy and healthy person has an equal chance of

experiencing a panic attack as someone who are depressed and

unhealthy. An panic attack can rear its ugly head at anytime. It can

happen while you are at home, sitting on your couch, watching

television, while driving, shopping or walking, at the office, etc. It

can even happen while you are asleep!

Given these circumstances, methods of treatment may vary from

person to person, depending on their conditions, symptoms,

lifestyle, and frequency of attacks. Typically however, treatment

involves psychotherapy, cognitive behavioral therapy (CBT) and/or

medication. Other treatments that can be employed are

meditation, breathing exercises, relaxation techniques and

herbal treatment that we have discussed before.

Anti-anxiety medications such as Ativan, Xanax and Klonopin

provide quick relief from the symptoms panic attack.

Benzodiazepines have immediate effects, usually within 30

minutes to an hour. Benzodiazepines, however, are highly

addictive and have some serious withdrawal symptoms.

Anti- depressant drugs (Paxil, Prozac, Zoloft, Lexapro, and

Celexa) should be taken continuously before you can begin to

notice the effects, usually up to 6 months to a year. You can’t take

anti-depressant drugs just during an attack.

In addition, since you can’t anticipate when you will have an

attack, only those who are diagnosed with panic disorder (or

recurring panic attacks) can acquire these types of drug.

Panic attacks, as well as panic disorder, agoraphobia and other

phobias and related conditions can be treated effectively by

psychotherapy. Cognitive-behavioral therapy is proven as an

effective way to reduce the symptoms of panic attacks or

completely eliminate the condition.

CBT focuses on changing the thinking pattern of the person from

negative to positive thoughts as well as changing the way a

person reacts or behaves when they encounter an emergency or

situations that can trigger an attack.

Another treatment similar to CTB that is worth mentioning is

exposure therapy. This helps the person overcome their fear by

letting them face fearful situations in a controlled and safe manner.

The result of this technique is that the person learns how to react

positively to what they think during fearful situations. Moreover,

through the experience, the patient learns that the situation that

they fear is not harmful and dangerous.

In many cases, medication alone or therapy alone is enough to

completely treat the condition, but other cases require both

treatment methods to effectively treat panic disorder.

As we have discussed before, meditation, breathing exercises,

and relaxation techniques have been found effective in reducing

the chances of experiencing another attack. They help calm the

mind and relax the muscles. Regularly practicing these exercises

and techniques strengthen the body's relaxation response.

Natural herbs such as bacopin, ginkgo biloba, passion flower, St.

John Wort, hyperforin, 5HTP (5-hydroxytryptophan), chamomile,

rhodiola, are equally effective since they have natural anti-stress

properties. In some cases, using these herbs is sufficient enough

to combat panic attacks. Many people also react positively using

this kind of treatment.

Fresh leaves can be made as tea. Some are also available over-

the-counter in oil, tincture, capsule, powder and tea. The best thing

about these natural herbs is that they don't carry as many side

effects as compared to mainstream anti-anxiety and anti

depressant prescription medications.

As I have said before, please consult your physician or health care

professional before using any type of treatment.

Make sure you look for your next issue soon. We will be talking

about different things that you can do to stop anxiety attacks.

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**Message # 9**

subject line: Understanding Anxiety & Panic

Hello "autoresponder code here",

In the last issue we talked about the various treatments available

for panic attacks. In this issue we are going to talk about different

things that you can do to stop anxiety attacks.

As we well know episodes of anxiety attacks can be uncomfortable,

unpleasant and unhealthy. Because of this, most people head to

the medicine cabinet for a some sort of relief for their symptoms.

While some may find medications an effective way to battle

anxiety, there are more natural and equally effective ways of

dealing your excessive emotion without subjecting the body to

different negative side-effects.

While all of the techniques that we are going to talk about today

are simply a part of living a healthy lifestyle, that doesn't mean that

they are easy to incorporate into our busy daily routines.

While actually touched on these subjects before, but they play

such a vital role in the fight against anxiety that they are well worth

going over again.

Let's start off with one of the most important and that is exercise.

Exercise is at the top of the list because it improves the overall

health of the body and mind. A mere 30 minutes of exercise, 3-5

times a week is enough to provide you with a nice amount of

anxiety relief. Increasing to at least an hour of aerobic exercise

day will provide you with maximum benefits for relieving stress and

anxiety.

It doesn't have to extremely strenuous or all at one time. You can

break it up into smaller sessions at different levels of intensity,

because exercise is cumulative. So you can start out with a 10

minute workout in the morning and finish off with a 20 minute walk

after dinner. Find a way to make it enjoyable and easy to include

in your daily routine.

Get the right amount of sleep.

A popular adage, "early to bed and early to rise makes a man

healthy, wealthy and wise," speaks of the importance of sleep

in the overall health of a person. It is very important to your overall

health to get at least 8 hours of sleep a day. This is a well proven

and effective technique to battle stress as well as ward off anxiety

attacks.

Eat a healthy diet.

Along with exercise and sleep, diet plays an important role in

the overall health of the body. Eating healthy foods will help your

body chemistry maintain normal hormone levels as well as

providing increased resistance to common ailments and illnesses

that increase the risk of having and anxiety attack.

Avoid unnecessary stress.

Most stressors are unavoidable and it is unhealthy to turn your

back to certain situations that need to be addressed. Still, some

situations and people cause unnecessary stress that may lead to

and anxiety attack. Avoid people that stress you out, learn how to

say 'no', trim down your to-do-list, avoid sensitive topics such as

politics and religion, etc.

Use relaxation techniques.

Yoga, meditation, Taiji, progressive muscle relaxation,

visualization and breathing exercises can reduce anxiety and

promote the feeling of relaxation and emotional well-being.

Keep a positive outlook on life.

While it is very difficult to maintain a good attitude when

experiencing an anxiety attack, it is very crucial to be more

conscious and help stay in control over the situation to effectively

battle your condition. Don’t think "Oh no, not again!" or "I can't

make it though this" when an episode hits you. Remind yourself

that it is only temporary and that it will be over soon. This will help

you control your emotions, so that your anxiety will now get worse.

If these techniques don’t work for you, it is probably time to consult

a health professional about the problems you are facing.

Since the symptoms of anxiety attacks may be a result of other

psychological and physical conditions, you need to consult your

doctor and get a complete physical in order to rule out any other

possible causes.

If the anxiety prevails and symptoms last for more than 1 to 2

weeks, especially if you have no idea why then it is time to seek

the help of a trained therapist.

A person with a severe anxiety disorder will usually be prescribed

medication, therapy or both. Prescription drugs for anxiety are

usually antidepressants and benzodiazepines. However, they

provide short-term relief and thus, other therapy is often

recommended.

Therapy often consists of cognitive-behavioral therapy and

exposure therapy. They are both effective (especially when

combined with medication) to treat anxiety disorders. Cognitive-

behavioral therapy helps patients to replace negative thoughts

with positive ones.

Exposure therapy, on the other hand, helps treat anxiety attacks by

subjecting the patients to control fear in a safe and controlled

environment. Through repeated exposure, patients gain greater

self control and more confidence when facing a fearful situation.

Make sure you look for your next issue soon. We will be talking

about the

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**Message # 10**

subject line: Understanding Anxiety & Panic

Hello "autoresponder code here",

In the last issue we talked about different things that you can do to

stop anxiety attacks. In this issue we are going to talk about

taking action against panic attacks.

Consulting a psychologist, or a behavioral therapist for that matter,

regarding panic attacks may be the best course of action that you

can take for yourself. Especially if you are not convinced that you

can actually help yourself get better.

But if you aren't ready to take that step just yet than you will

somehow you have to take action and learn to control your

feelings of panic and anxiety yourself. Here are some ways that

can help yourself cope with panic attacks.

Remember, you are what you think. If you think that you are afraid

of something, you will actually become afraid of that thing,

regardless of how irrational that fear may be. If you expect to have

a panic attack at any time, you might actually have one.

The mind is so powerful that it can actually trigger experiences that

are frightening enough to cause you extreme levels of panic. Why

not use that same power of your mind to your advantage.

Based on the principles of Cognitive Behavioral Therapy, a

psychotherapeutic approach, a person has the capacity to

manipulate dysfunctional reactions, emotions, cognition and

behaviors in order to arrive at a more cohesive and healthier well-

being.

Given that panic attacks are triggered by your brain, you can help

your brain tone down certain symptoms. While simple positive

thoughts can help you direct your experience of panic attacks,

more intensive and systematic Cognitive Behavioral Therapies

can provide you an atmosphere of peace that is free from panic

attacks.

Run towards the object of your fear. People have the natural

tendency to get away from things, places and events that they

associate with bad experiences. But the thing is, running away

from something won't help release you from your fear, it may

actually aggravate your condition. This is because you are

somehow reinforcing your fear by feeding in more dosages of fear

to your current condition which is the last thing you should really

want to do.

No matter how difficult the idea of facing your fear may seem, it is

actually among the most effective ways to help you cope and

overcome panic attacks. Once you confront the object of your fear

or the cause of your panic attacks, you can gain more courage to

subdue the symptoms without having to resort to pills and

medications.

Win yourself over. Sometimes, it is much easier to accept your

lack of sense of control after undergoing panic attack symptoms.

One thing will lead to another until you find yourself completely

powerless against your condition. Unfortunately, many people

become victimized of their own disorders only because they

didn't do anything to save themselves from triggering a panic

attack.

If you can try to gain power over yourself and over your

symptoms little by little, you can learn how to effectively cope,

live with or entirely remove symptoms from your life.

Make sure you look for your next issue soon. We will be talking

about the physical signs of an anxiety attack.

See you next time,

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**Message # 11**

subject line: Another Great Understanding Anxiety & Panic

Hello "autoresponder code here",

In the last issue we talked about taking action against panic

attacks. In this issue we are going to talk about the physical signs

of an anxiety attack.

As we well know by now anxiety is a feeling of fear, apprehension

and discomfort over any given situation. The feelings associated

with anxiety are actually good and healthy in most cases, simply

because it enables the body to recognize and react the way

that it is supposed to.

Our built in "flight or fight" response gives the body an instant

boost of energy that it needs to react in specific situations. In this

case, anxiety is helpful. However, if it gets intense, recurring and

exaggerated, it is considered an anxiety attack.

As we have discussed before, the exact cause of anxiety attacks

isn't fully understood, but research suggests that genetics, life

experiences and brain chemistry contribute to the onset of

attacks. What we do know is that during an attack, a person’s body

shows certain signs and physical changes.

The immediate sign of an anxiety attack is increased heartbeat or

palpitations. This is one of the most distressing among anxiety

symptoms.

Under normal circumstances this is a good thing because the

heart works harder to pump more blood to your body, especially to

your arms and your legs, enabling a surge of energy that allows

you to respond quicker than normal to an emergency.

Next the chest feels tight, as if it refuses to expand to

accommodate air that the body needs. Sometimes, the feeling is

like someone is pushing a pillow into your face.

During an anxiety attack, you breathe faster than normal. As your

arms and legs receive more oxygen and energy, your muscles

tend to get tense, which is important when abrupt movement is

needed.

As your arms and legs receive more supply of oxygen through the

blood, other parts of the body receive less than normal supply of

oxygen. For example, the stomach can survive with less oxygen

during emergency situations, so the oxygen that is normally

supposed to go to the stomach is redirected to the arms and legs.

This explains why a person who is undergoing an anxiety attack

often experiences nausea and a churning feeling in the stomach.

The brain can also survive with less oxygen for a short period of

time and this causes a person to become light-headed and dizzy.

There is no need to worry, the reduced supply of oxygen to the

brain is just enough to produce these symptoms and doesn't

cause any permanent brain damage.

Because your heart pumps more blood to your muscles, your body

temperature increases. So to keep a relatively normal

temperature a person having an attack will begin to sweat.

Along with these signs, the person may also experience muscle

weakness, fatigue, tingling sensations, and dry mouth. In some

cases side- effects may also include diarrhea and constant

urination.

These body responses are automatic. Meaning, there is no

"switch" to turn it on and there is also no way you can turn it off.

Simply thinking that you shouldn't feel any of these symptoms will

not work in this situation.

What can be done, especially if the attack is chronic, recurring

and it already affects your life, is to seek medical help. This way,

your doctor will be able to identify and rule out any other possible

causes of these signs which are unrelated to anxiety.

Make sure you look for your next issue soon. We will be talking

about what happens if you don't get treatment for panic attacks?

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**Message # 12**

subject line: Another Great Understanding Anxiety & Panic

Hello "autoresponder code here",

In the last issue we talked about the physical signs of an anxiety

attack. In this issue we are going to be talking about what

happens if you don't get treatment for panic attacks?

I know that I have said this before, but it is very important, so I am

going to say it again.

At the onset of a panic attack or id you believe that you may be

suffering from panic disorder, it is best to go see your doctor

immediately and be evaluated.

This will not only give you a clear understanding of the type and

severity of the condition, but it can also prevent the disorder from

becoming worse.

Today we are going to go over several possible scenarios that

could happen if you don't get help for panic attacks.

First we have Agoraphobia.

Contrary to public belief, agoraphobia is not the fear of closed

spaces. It is actually fear of public places basing from the Greek

root word "agora" which means market or marketplace.

Agoraphobics fear interaction with people especially in places

where they expect to experience episodes of panic or anxiety.

Panic attacks and agoraphobia are often closely connected as

these disorders exhibit identical symptoms such as shortness of

breath, the sensation of dying or going crazy, and the feeling of

having heart attack.

Over-dependence on psychotherapeutic drugs, specifically

anti-anxiety disorder medications. For manage their condition on

their own often rely on medications as the ultimate solution against

their panic attacks.

While over-dependence on medication to control the symptoms of

panic attacks is not the same as addiction to the medications, this

behavior still poses serious possible problems since the people

who become dependent on drugs often fail to utilize other more

effective treatments.

There is also the risk that they will become too dependent

that they would fail to function properly without the necessary

dosage of particular drugs.

Although there are times where some dependence on

medications is necessary and effective, especially in severe

cases, you must keep in mind that it is not the only solution.

There are less intensive, less invasive, but equally appropriate

therapies and methods that are sometimes overlooked.

Next we have Depression.

Studies show that 20% of panic attack patients are likely to

commit suicide, as a result of depression.

The connection between panic attacks and depression can be

viewed from several different standpoints. Depression often

develops from a person's exhaustion caused by chronic anxiety

that typically accompany panic attacks.

Another explanation supports the fact that people with panic

attacks often develop serious cases of agoraphobia which

prevents them from socializing with other people and from doing

the things that they previously enjoyed. This all leads to a

general feeling of isolation, unhappiness and may lead to the

development of depression.

Then there is Diabetes.

While diabetes is not commonly associated with panic or anxiety it

is not uncommon to find that people who are suffering from panic

attacks also have indications of other illnesses like diabetes.

These are considered comorbid disorders, which is when a

person experiences two or more disorders simultaneously.

Research shows that people with diabetes who also experience

intermittent episodes of panic attacks as well as suffer with

depression are less likely to live quality lives and are also more

likely to develop complications because they are not as capable

of monitoring and controlling their blood glucose levels efficiently.

Last we have substance abuse.

Chronic misuse of alcohol and other unhealthy substances is a

often coping mechanism that people use to combat the negative

side effects of panic and anxiety disorders. As long as the panic

attacks continue the chronic use of these substances will exist.

So there you have it. Some very possible scenarios that could

happen if a person doesn't get professional help for their anxiety

and panic attacks. Hopefully you can now understand why I

encourage you to seek the help of your physician if you feel that

you or someone you love is suffering with an anxiety or panic

disorder.

Make sure you look for your next issue soon.

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Message # 13

Use this as a template for even more issues

subject line:

Hello "autoresponder code here",

In the last issue we talked about ......................

In the issue let's go over ..................

>>>>>>>Add in your content here<<<<<<

Make sure you look for your next issue soon.

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