

Anxiety Attacks: Why They Happen and How to Deal With Them

Mental health organizations [report](#) that nearly one in five people experience anxiety attacks at one time or another—so if you find yourself experiencing these, know that you are in good company. Most commonly, panic or anxiety attacks happen among those between the ages of 20 and 60. Moreover, women are two times more likely to suffer from such episodes than men.

The fact remains that anyone can experience [anxiety attacks](#). In the majority of cases, such attacks are mild and short-lived. However, between 20 and 25 percent of the population find themselves debilitated by such episodes.

Anxiety Attacks: Why They Happen

An anxiety attack is essentially due to an overactive amygdala. This is the part of the brain involved in the “[fight or flight](#)” response. When our senses perceive a threat, real or imagined, it sends a message through the [autonomic](#) (involuntary) nervous system to the adrenal gland. A person will experience elevated heart rate, higher blood pressure, and cold sweats; their eyesight may sharpen. In short, the body is preparing for combat or running away.

If you are a hunter-gatherer living in a hostile environment, the fight or flight response is a useful survival tool. It becomes a problem in modern society, however, because the amygdala cannot discern an angry supervisor or a past due notice from a large predator or a forest fire.

Unsurprisingly, jobs and finances are common [triggers](#) for panic attacks. However, they can come from any source.

Disorganization Getting You Down?

Believe it or not, a person’s work environment can bring on anxiety attacks, especially if it is [poorly organized](#) and uncomfortable. In this case, [optimizing the space](#) can go a long way toward reducing the triggers for anxiety attacks. A few improvements you should consider:

- a better system for organizing digital and paper documents
- installing full-spectrum lighting
- upgrading your hardware and software to optimize efficiency
- institute a planning and scheduling system to avoid double-booking
- replacing your dated furniture with more ergonomic versions

Fear of the unknown is a common cause of anxiety attacks. Getting organized and having a better idea of what is coming next is a good defense.

The Role of Stress Reduction

Chronic stress by itself does not generally cause panic attacks, but it can be one of a number of contributing factors. Anything you can do in order to [reduce the stress](#) in your life can help. Some of these solutions are obvious, including taking regular breaks and going outside and learning meditation and relaxation techniques. Others are not so apparent; substances that we consume regularly, such as alcohol and caffeine, can add stress to our lives because of their physiological impacts, so it’s a good idea to minimize them or avoid them altogether. Don’t be afraid to seek out the services of a professional.

Don’t Feed the Panic Monster

Let’s face it: most news in the world isn’t good. It’s designed to make people afraid and insecure so they’ll buy more stuff. If you are a news junkie and it’s affecting your life, this is an addiction you must deal with. Fortunately, this can be as easy as pulling the plug or changing the channel.

Remember that what you feed your mind and body determines who you are to a significant degree. Reduce your anxiety by feeding them something more uplifting.

Ready to live a more empowered life? [See how](#) GoTarryn! can help.



Image via [Pexels](#)