

Forum:[Hack Forums](#)

Thread: [A Guide To Dealing With | Anxiety Disorders | Panic Disorders | Depression |](#)

Scar . - July 18, 2015, 7:07 pm

(I will make proof read this and organize it better in the days to come)

Well, It's been a full month and 6 days since my first anxiety attack kicked in. I had it before but now it's everyday. I'm always anxious about my health, if my heart beats too fast I start thinking I'm going to have a heart attack. If my I start having a headache I think that I'm gonna have a stroke. I recently changed my lifestyle completely. It seems to be working well to keep my anxiety low. It also helps me from getting depressed about my disorder so I'm sure this can help anyone with depression. So here it is to anyone with the same problem as me.

[img]http://comps.canstockphoto.com/can-stock-photo_csp11671175.jpg[/img]

Since I start having anxious feelings when ever my heart rate goes up, I walk instead of running for at least 30 mins to 1 hour a day 3 times a week. In the beginning I couldn't even do 15 mins of walk because I would have a full blown anxiety attack. I would start hyperventilating. My advice is to start slow and build up gradually. I have a gym membership but I stopped going because I feel trapped inside and get really annoyed running on a thread mill and being stationary. It does help clear my mind and I enjoy seeing the trees and grass and feeling the wind.

Then I do Yoga twice a week for an hour each session. It helps my whole body relax. I'd have to say that Yoga has helped me the best in controlling my anxiety.

For the remaining two days of the week I do a bit of meditation for 30 mins each session. This helps clear my mind and not think of anything at all.

[img]http://www.bodyrock.tv/wp-content/uploads/2015/01/4-7-8.jpg[/img]

When ever I start having anxious feelings or already have a full blown attack, I use a method called, "4-7-8". I breath in through my nose for 4 seconds, hold my breath for 7 seconds, and breathed out through my mouth for 8 seconds. This helps balance out any imbalance of carbon dioxide and oxygen, which can cause hyperventilation. It's also good to do this even if you're not having any anxious feelings.

[img]http://img.weightlossmiss.com/to-lose-weight-on-the-diet-plan.jpg[/img]

Recently I have been eating allot more healthier than what I used too. I now keep a food diary to track everything I eat each day. It consist of writing down the food and how I feel immediately afterwards. Certain foods trigger anxious feelings. I now try to eat more vegetables and fruits. I do eat meat or something else once a week in order to not get bored of eating healthy. If you absolutely cannot stand veggies I'd recommend in a juice extractor.

[img]http://www.familyallergycare.com/wp-content/uploads/2014/11/anxiety-drugs.jpg[/img]

My doc has prescribed certain anti-anxiety pills but I stopped taking them because they made me feel dizzy ALL the time. Everyone reacts different to meds so never rule out a medication. Give it a try like I did and see if it works. I do take supplements such as B12 pills natural teas such as Chamomile and Calcium Citrate.

The last thing I do is limit the use of electronic devices. I usually only use my phone for 1 hour a day and television to 2 hours a day I usually try to watch something informative and calming. I do occasionally watch action movies. A big thing to limit greatly is the usage of Facebook & Instagram . It will only make you have thoughts of low-image, low-self esteem etc..

Hope this helps anyone out there with anxiety disorders.

Scar . - July 20, 2015, 7:34 pm

I might expand this thread a little more later on. Using this post as a place holder.

Yous - July 20, 2015, 7:42 pm

I go to my gym at night after 9PM when all my obligations for the day are out of the way and met, I get on a treadmill near the windows which has an overview of the pool which is very relaxing to look at when it's dark outside and I listen to audiobooks. It's incredible relaxing and I know I am bettering myself by listening to books written by some of the most influential people of our time.

So for anyone dealing with anxiety the walking is brilliant advice, but in my opinion when I go at night when all my obligations are met there is hardly anyone in the gym I feel I can just fully relax get lost in the book and burn calories => it's so amazing.

I also use to do a quick 3-5 minute breathing routine in the morning idk why I stopped it was so amazing and kept me feeling so composed throughout my day. If anyone wants it I'll explain it further.

Babz - July 21, 2015, 8:28 am

This seems like a great guide. I don't seem to get anxiety at all really, to be honest. But I do go to the gym to clear all my thoughts of the day. Just tossing around some iron, or going for a very long run always gives me that heart-warming feeling. Building relationships with the people in the same gym as you is awesome too. Some of the men that are much stronger than me motivate me a lot.

Scar . - July 22, 2015, 7:31 pm

(Jul 21, 2015 08:28 AM)Babz Wrote: [\[CITE\]](#) This seems like a great guide. I don't seem to get anxiety at all really, to be honest. But I do go to the gym to clear all my thoughts of the day. Just tossing around some iron, or going for a very long run always gives me that heart-warming feeling. Building relationships with the people in the same gym as you is awesome too. Some of the men that are much stronger than me motivate me a lot.

That's really good, you know what they say, healthy body is a healthy mind.

OverwatchDrone - July 22, 2015, 8:08 pm

Very solid guide! Thanks for the write-up.

Do you have any advice if you know someone who has frequent anxiety ? What to do what not to do? How to approach them?

Thanks again.

Scar . - July 22, 2015, 9:20 pm

(Jul 22, 2015 08:08 PM)OverwatchDrone Wrote: [\[CITE\]](#) Very solid guide! Thanks for the write-up.

Do you have any advice if you know someone who has frequent anxiety ? What to do what not to do? How to approach them?

Thanks again.

Well, I myself have anxiety constantly throughout the day. What I try to do is keep busy doing small chores around the house or go out and do errands and what not. I found that if I felt that I had control of my life the symptoms would be less.

I would recommend you to avoid over thinking and to try to stay away from stressful situations. Find what things trigger your anxiety. It may sound silly but write down what you do and eat and how it made you feel afterward. I myself found that certain foods gave me anxious feelings.

DyS- - July 27, 2015, 3:51 pm

Scar™ helped me very much when I asked him some questions. This is the guy to talk to if you feel concerned, very friendly guy.

FREEBANDZZZZ - July 27, 2015, 11:10 pm

used to have extremely bad anxiety and panic attacks lifting solved it all completely

Scar . - July 30, 2015, 4:17 pm

(Jul 27, 2015 03:51 PM)Illuminise Wrote: [\[CITE\]](#) Scar™ helped me very much when I asked him some questions. This is the guy to talk to if you feel concerned, very friendly guy.
Thanks, allot, glad I could help.

Tando - July 31, 2015, 1:25 pm

I have bad anxiety as well check my threads.

This video helped me a lot:

https://www.youtube.com/watch?v=g_mFzOudxng

Scar . - August 20, 2015, 3:43 pm

(Jul 27, 2015 11:10 PM)Luckify Wrote: [\[CITE\]](#) used to have extremely bad anxiety and panic attacks lifting solved it all completely
I've heard several stories about people being cured by doing weights.

ROFL OMG - August 21, 2015, 12:52 pm

I take etizolam currently since im on probation ;c

Cubex-Software - August 22, 2015, 12:19 am

Im dealing with Generalized Anxiety and Panic Attacks with OCD and Hypochondria.
It kind of sucks, but there is hope for everyone of us.
You can heal your self from this.

But you must understand a lot's of things about it first.
Anxiety comes when there is too much stress on you.

Panic attacks come's when you thing to bad like: what if's, there are a lot of examples.
From a panic attack you can't die you can't have an infarct or anything and you will not faint.

Iv'e been dealing with this since April this year, i had it from long time but i did not know what it was so i continued to stress and stay too much on PC and not sleep well.
This are the reasons why you and me have anxiety .

The second you have to understand your not Mental Ill, and anxiety is not an illness. Depression is not an illness. OCD is not an illness and so one the list goes.
This are behaviours that we have to change and in time with patience everything will be back to

normal.

You have to accept that you have anxiety and that you need to deal with it and accept it that is there.

If you need some short of help or everyone need's it i can help you out.
Im now 70% healed from this i did not had a panic attack since 3 months now, my anxiety come's and go.

The third thing: YOU MUST NOT GO TO A PSYHIATRIC TO HEAL YOUR SELF WITH PILLS!!!
The pills will make the symptoms go for a short time and when you stop they will; come back much stronger. Also the drugs will make you much much bad than you was.
Iv'e been there and what i can tell you is that after i been off medication it was a new world.
Don't take xanax or buspar or any pshy medications.

The keys are: Accept, patiance and perseverance on your recovery strategies if you have one.
Take care! And remember a healthy body is a healthy mind.
I recommand you all to take some Omega 3-6 supliments it will help a lot. Remember to exercise also or walk. DOn't stay inside home and play on PC.

Scar . - August 28, 2015, 4:32 pm

(Aug 22, 2015 12:19 AM)Cubex- Wrote: [\[CITE\]](#) Im dealing with Generalized Anxiety and Panic Attacks with OCD and Hypochondria.

It kind of sucks, but there is hope for everyone of us.
You can heal your self from this.

But you must understand a lot's of things about it first.
Anxiety comes when there is to much stress on you.

Panic attacks come's when you thing to bad like: what if's, there are a lot of examples.
From a panic attack you can't die you can't have an infarct or anything and you will not fainth.

Iv'e been dealing with this since April this year, i had it from long time but i did not know what it was so i continued to stress and stay to much on PC and not sleep well.
This are the reasons why you and me have anxiety .

The second you have to understand your not Mental Ill, and anxiety is not an illnes. Depression is not an illnes. OCD is not an illnes and so one the list goes.

This are behaviours that we have to change and in time with patiance everything will be back to normal.

You have to accept that you have anxiety and that you need to deal with it and accept it that is there.

If you need some short of help or everyone need's it i can help you out.
Im now 70% healed from this i did not had a panic attack since 3 months now, my anxiety come's and go.

The third thing: YOU MUST NOT GO TO A PSYHIATRIC TO HEAL YOUR SELF WITH PILLS!!!
The pills will make the symptoms go for a short time and when you stop they will; come back much stronger. Also the drugs will make you much much bad than you was.
Iv'e been there and what i can tell you is that after i been off medication it was a new world.
Don't take xanax or buspar or any pshy medications.

The keys are: Accept, patiance and perseverance on your recovery strategies if you have one.

Take care! And remember a healthy body is a healthy mind.

I recommend you all to take some Omega 3-6 supplements it will help a lot. Remember to exercise also or walk. DON't stay inside home and play on PC.

Thanks for your reply. We all have the ability to overcome this if you have a strong will.

1P-LSD - April 14, 2016, 6:50 pm

This is very informative thank you I have a close friend of mine that suffers from anxiety.

Geno - April 16, 2016, 2:07 am

This is an interesting guide, it seems to be a general one since there are many different forms of anxiety but this just directs itself at anxiety and panic disorders, depression etc. You might want to look into ASMR as well. It seems to help me calm down a lot and there are many different versions of ASMR to appeal to a diverse group of individuals dealing with these problems.

Check it out if you get a chance and let me know what you think.

Appreciate the guide.