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Thread: [Anxiety caused by allergy, lets talk about anxiety etc!! How to cope with it.](#)

duck - November 27, 2019, 5:44 pm

Instead of sleeping or doing whatever things I should do I'm writing this thread.

I came to the conclusion that anxiety is and can be caused by allergy, cold and illness on the basis.

That's also includes stomach problems because of your immunity is likely decreased and so on.

I might be totally wrong but let me tell you that, I have some sort of chronic cold and allergy my entire life and that may cause lack of oxygen in my body as I constantly can't breath and have to breath through my mouth. Etc etc

This might and probably is the main cause of anxiety. Oxygen and maybe even Bronchus, yes the organ. I have problems with this pretty much and my doctor is not happy every visit I go in there.

That also goes with breathing management which is not the best, in my case.

Now for the triggers and how to cope with.

Think rationally as my good "mentor?" [Meterpreter](#) would say, think rationally about the problem.

Do you think that normal human being is scared to go outside? To the shop? Or even because of right leg tingling you get? I can say for sure, most aren't. They just move on.

Now think the way, slowly move on.

Also keep in mind work on your breath.

If you get panic attack, sit and get oxygen into your brain. Relax. Think rationally.

You sure have heart palpitations, shortness of breath all kind of things with panic attacks comes in, sometimes it's not able to think rationally, your mind has some sort of blur and you are in confusion. Sit patiently, breath in and out oxygen, slowly, do not hyperventilate.

Recognize the state you are in (in this case panic attack), where you are what can you see. You are just fine.

I know it may sounds hard and probably is but then again, think about the problem Rationally!

Why has your panic attack happened. Why so sudden? Think about it again — Examples [My mother told me an hour ago that tomorrow i'll have to go to the shop, i'm scared to go there, i'm scared to do this, this might be the root cause]

Obviously you have to find your own reasons and the triggers. And also don't be so occupied with it. Don't try to find the root cause constantly 24/7 otherwise you'll go crazy from doing so.

Also if your panic attacks are happening often, think about the past and history — I've already had this many times. I'm just fine.

Exercise/Workout might not always be a solution and make things worse, here is why: short story long suddenly there is a lot of chemicals changing in your body rapidly. Oxygen can and mostly likely will decrease in your Arteries or move onto one position and not in your brain. That's not good. If you are not used to it!

Rather just go outside for a small walk.

This is something we could talk for hours, so post below if you want to. I should really go to sleep, in 3 hours I have to wake up.

I might also be totally wrong, share with me your ideas. I'm in rush already so i might be missing something.