



Dealing with the symptoms of anxiety can be a challenge. In turn, feeling these unpleasant symptoms can make your anxiety worse. You can break the cycle.

Here are some of the symptoms you may have, the fears you have about them and the ways you can challenge them.

- **Breathlessness**

*Worrying that I will stop breathing.* Breathlessness is a sign that you are getting too much air. Try to slow down your breathing by taking slow deep even breaths. Take in less air and see what happens to your symptoms.

Breathlessness is not dangerous. It is just a normal body reaction to over breathing so slow down your breathing. Tell yourself, “*I will not stop breathing*”.

- **Sweating, Dizziness, Chest pain**

*Worrying that I am having a heart attack.* Symptoms such as, shortness of breath, sweating and dizziness usually happen before one has chest pain from anxiety. Slow down your breathing, by taking slow deep breaths. The fear you are feeling is also causing the symptoms. If the symptoms improve, it is anxiety.

- **Impending Doom**

*Worrying that I am going to die.* Fear of the unknown, of what is about to happen and the dread caused by the physical symptoms all contribute to the feeling you will die. No one has ever died of a panic or anxiety attack. Fainting is the worst thing that could happen and even that is rare. Tell yourself, “*I will not die, I have thought I would before and have been wrong*”.

- **Losing control**

*Worrying that I am going to lose control.* When a person feels anxiety, he/she is actually more in control. Anxiety makes people more mentally alert and purposeful. Anxiety protects you from “*losing it*”. You will not do anything out of character if you are anxious or panicked. Anxiety does not transform you into someone else. Worrying about losing control is evidence that you will not, because you have the mental alertness to ask about it. Try to do something that takes control like buttoning your shirt to prove you are in control.