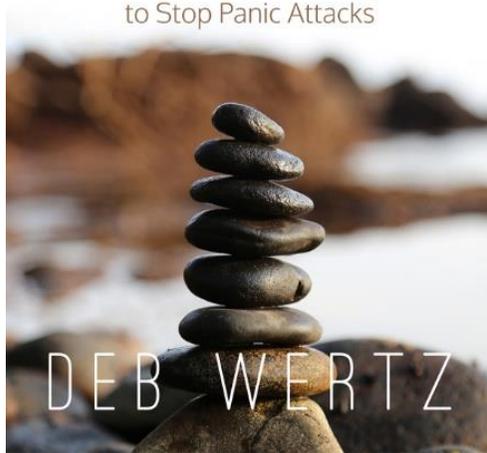


Hanging by a Limb

Use the 8 Limbs of Yoga
to Stop Panic Attacks



Excerpt

For more info:

<http://debwertz.com/books/hanging-limb-description/>

About You

*Only the beginning. Of what I want to feel forever.
~ "Beginnings", Chicago*

If you panic even sometimes it's very likely you feel like total crap about yourself, that you are faulty in some way, lacking some *fill-in-the-blank* quality. Maybe you feel you are somehow deserving of this lot. It's so easy to get sucked into this spiraling vortex of negative thoughts.

"The core of our suffering is when we believe we are not enough." ~Tony Robbins

Part of *your* healing journey will be to learn to focus on all that is good in your life. Later, I will go into detail about how you can help be less susceptible to panic attacks through practicing gratitude.

Allow me to start with a list of (positive) personality tendencies of people who panic.

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How many of these describe you?

- above average intelligence
- highly imaginative
- creative
- detail oriented
- analytical
- competitive
- ambitious

See? You're awesome.



But, as a result, there is a tendency to:

- overanalyze
- over-intellectualize
- envision worst case scenarios
- obsess
- ignore stress symptoms

Since we tend to focus on the negative, these sound familiar, right?

At first glance it can be disheartening to see how you may use the best of you to bring out the worst in yourself but know that it is not pre-destined. With practice, you can break these patterns entirely.

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How these habits are formed is a result of experiences you have had both during childhood and circumstances you have encountered as an adult. That was definitely the case for me.

Plus, your biological makeup is a contributing factor. For instance, mitral valve prolapse, a generally harmless condition that causes intermittent symptoms such as irregular heartbeat or lightheadedness, which the amygdala (the fight or flight part of the brain) can interpret as a sign of external danger.

Exercise can also mimic the symptoms of panic – as the heart rate increases during exercise it can feel exactly the same as when the heart begins to race during a panic episode.

Note: If you haven't already, I highly recommend visiting your GP for a check-up to rule out any physiological causes that could contribute to the panic attacks.

The Panic Threshold

*Used to dream of outer space
but now they're laughing in our face
saying 'Wake up, you need to make money'.
~ "Stressed Out", Twenty One Pilots*

Make no mistake: stress and anxiety are inevitable. But they can be managed and do not have to lead to panic. Think of the adage “the straw that broke the camel’s back.”



Each of us has a different threshold for stress and it is different for each individual. We deal with multiple sources of stress and anxiety on any given day.

- what’s going on at work/school
- what family dramas are occurring
- childhood issues
- health issues
- neighborhood nonsense
- how rested you feel
- how well what you’ve picked to wear is fitting today
- money woes
- violence you’ve watched on TV

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Get the idea? Add all the stress together and, collectively, they very well may exceed your panic threshold. That is why a panic attack may be triggered by a seemingly mundane thing when, really, it is merely the proverbial last straw.

In this book, I will address how to recognize both the small and the large sources of stress so you can learn to minimize or eliminate them and keep anxiety below the panic threshold.