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An Adjustment With/For Anxiety?

I have been seeing a chiropractor for about two years now. I first started going because of a back injury. In addition to my back pain, though, I have actually found her quite helpful and knowledgeable about wellness in general. Yes that was surprising to me!

Now I'm not suggesting you go to a chiropractor for your panic attacks. But there is an important fundamental lesson here (which I learned along the way when recovering from panic attacks) that I definitely want to share.

You see my chiropractic care not only helped with my back pain, it also helped alleviate my headaches (which was an added bonus), and also, as mentioned, she has provided additional tips along the way, for example, if I take Tylenol or Advil for my headaches, I should take the herb Milk Thistle (which helps liver function which is impaired by these drugs) and I should drink more water, etc.

She also got me doing plenty of different exercises to help with my chiropractic care. She tells her patients that she can only help them so much and that they need to do their part too (referring to exercises, taking care of themselves). Of course this is all sage advice and obvious to some, but I think sometimes people (panic attack sufferers definitely included here) don't consider how the practical and almost fundamental things help our overall wellness and even our problems with panic attacks.

While I've mentioned many times that a holistic response makes the most sense for panic attack sufferer, I think like anyone it's easy for you to get off track and miss the basic fundamentals of taking care of you.

Here are just some basic things I share in my newsletter (which have been helpful to me and others with panic attacks):

- Walking
- Breathing / meditation exercises to relax your body
- Working on your thoughts with Cognitive Behavioral Therapy to find the distortions and then substituting a healthier and more realistic thought.
- An exercise to reverse your panic attacks by calming your physiology

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One question: have you consistently been doing these things? If not, why not?

I'm not trying to be obnoxious or arrogant here at all. I do want to raise a point though that relates to my story. The chiropractor can only help me short term with my back pain. I need to do my exercises and take care of myself. In other words I need to be proactive in the process and not just rely on one thing (i.e. the chiropractic adjustment).

Now, not only do I need to do these proactive things: I need to do them **CONSISTENTLY!**

You ever notice that when you've really had to do something with your work, you sometimes have to force yourself through the process, but in the end you got the job done? Had you not pushed yourself to follow through, you would have been completely ineffective (not to mention probably fired eventually).

Well the same consistent, proactive, follow-through is essential to getting better. If you just receive a newsletter without being proactive (and this is also true with respect to your own therapy) then this is the switch that needs to occur for you to get on the road to recovery.

Once you consistently do things and also expand your wellness habits in a holistic fashion I think you'll not only notice an improvement with your anxiety but life in general!

Warmly,

Matthew Wagner
Panic Attack Recovery

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