

This document is provided by PanicAttackRecovery.com. Please sign up for our free newsletter by simply visiting www.PanicAttackRecovery.com and providing your email address in the sign-up box. Subscribers can opt out of our newsletter at any time.

Alcohol and Panic Attacks

A subscriber to the Panic Attack Recovery Newsletter asked “Does alcohol play a factor?”

Alcohol is a means of escape so some people are drawn to it. Some sufferers of anxiety do seem to be drawn to alcohol. There does seem to be a correlation in some cases.

People who overuse alcohol feel that it makes reality more interesting; it helps one loosen up; it can elevate self-esteem.

For the anxiety and panic attack sufferer it can temporarily reduce your physiological symptoms.

HOWEVER overconsumption of alcohol is dangerous and can be deadly and once the effects wear off it can make you feel even more anxious.

The key here is not to consider alternatives to feeling better that don't involve alcohol.

You see there are many natural and safe ways to change your brain chemistry, for example relaxation exercises; getting a massage; practicing meditation; completing breathing exercises.

Your thoughts and also the above suggestions themselves can influence your brain chemistry and ultimately your feelings.

For more tips on recovery from panic attacks, agoraphobia, and anxiety, please sign up for our free newsletter by simply visiting www.PanicAttackRecovery.com and providing your email address in the sign-up box. Subscribers can opt out of our newsletter at any time.

This document is provided by PanicAttackRecovery.com. You may share this document with anyone you feel may benefit from it. We only ask that you encourage him/her to visit our website and sign up for our free newsletter.

Page 1 of 1

The material and or suggestions in this publication are provided by www.PanicAttackRecovery.com for educational and informational purposes only, and are not intended to be a substitute for a health care provider's consultation. Please consult an appropriate health care provider about the applicability of any opinions or recommendations with respect to your own panic attacks, anxiety or agoraphobia, or any other symptom or condition. This material may not be reproduced for commercial purposes without written permission