

SAY GOODBYE TO PANIC ATTACKS

- Practice relaxation techniques like deep breathing.
- Exercising regularly helps us to balance our hormones and increase serotonin, a neurotransmitter which helps in uplifting our mood.
- Avoid alcohol, smoking.
- Incorporate more fruits and green leafy vegetables in your diet.
- Surround yourself with family and friends.
- Listening to peaceful music also helps a lot in dealing with panic attacks.
- Spent some time in nature and feel the beauty present there.
- Consult your psychiatrist for more help.

