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Panic Attacks Treatment For Drivers

Thousands of drivers who have had an anxiety attack while driving fail to seek [Panic Attacks Help](#). Getting nervous about driving is common, however fear of driving may prevent some people from driving at all. Causes of such dread depends on each individual. A traumatic experience such as being involved in a car accident or witnessing one, can ingrain terrifying thoughts and images into the subconscious.

A panic attack although frightening is nothing more than a natural nervous response to counteract a danger. This stress response can be set off with mere thoughts and feelings of danger. During man's early years, where fending off prey was necessary, the adrenaline fueled fight or flight response was key to man's survival. With no fear of being eaten in modern society, the fight or flight response has lost some of its usefulness. Today we find that the biggest cause of the stress response is stress itself.

This is a common problem, and in people with phobias and anxiety disorders it is much more frequent. Tests reveal that people with anxiety disorders have a far more sensitive response to stress and anxiety than the average person. Driving fears may sometimes be linked to a distressing experience but usually they develop over time. Normally a full blown attack occurs from having experienced several smaller episodes of anxiety and fear.

Driving in an unfamiliar area, stuck in a traffic jam, being honked at, driving at high speeds on the highway and getting lost; these experiences can all instill fear of driving. Attacks may seem to come out of the blue. All of a sudden your heartbeat is racing, you begin to sweat profusely and you feel like your losing control. This kind of event can be very damaging and traumatic to the human psyche.

It's not surprising that some people refuse of dread getting back into a vehicle. Some people may be happy to not drive again while others may seek [Panic Attacks Treatment](#) to cure their fear. Driving is a necessity for some people.

Anti-anxiety medication or Cognitive Behavioral Therapy are two forms of panic attacks help you might expect from your physician. Anxiety medication may help reduce symptoms of anxiety and the occurrence of panic attacks, but advice from a doctor must be sought before taking medication. There are possible side effects with prescription medication such as drowsiness that could make driving more dangerous. Non-medicated ways of treatment such as CBT and exposure therapy are much more suited.

Other means of [Panic Attacks](#) help include therapies such as EFT and hypnotherapy as well as visualization and meditation. Being prepared can help you get through your anxieties of driving. Avoid driving if you feel extremely anxious. Go through a breathing exercise to calm you before you drive. Some helpful things to take are; a cell phone, a CD and a paper bag in case you hyperventilate.

If you don't have satellite navigation, make sure to plan your journey. Don't drive when the roads are really busy. When driving, play some music to help you relax and be aware of your body. Take nice and slow easy breaths and let your shoulders drop. Use reassuring and positive statements and imagine getting to your destination safely and calmly.

If you start to feel anxious, don't worry, continue to breathe deeply and reassure yourself that it's just adrenaline in your body. If you think that you're about to have a panic attack, get safely to an area you can stop and recover. Use a paper bag to help you breathe if you begin to hyperventilate. If you don't feel fit to drive don't, try to call for assistance instead.

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