

Confronted with panic Covid-19

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Although panic attacks and panic disorder benefit from drug therapy, self-care steps can help control symptoms, and it may be difficult to face your problems, but adhering to the treatment plan can help you feel that you are not captive in your home, and you can also join A psychosocial support group may help you to overcome fears about this virus and it is directed at seismic disorders with other people who face the same problems. It is important to avoid caffeine, alcohol, smoking and recreational drugs because these things trigger or worsen panic attacks,

and also work to reduce the resistance of the immune system.

Practice stress management and relaxation techniques. For example, deep breathing, gradual relaxation of muscles, tightening a muscle at the same time and then relieving tension completely so that all the muscles of the body are relaxed are also beneficial. Adequate sleep is important for your mental and physical well-being and is important for the immune system at this time against this virus.