# TREATMENTS FOR PANIC DISORDER



## Psychotherapy

Cognitive Behavioral
Therapy (CBT) effectively
reduces panic attacks by
changing negative thought
patterns and using
exposure therapy.

## Medications

SSRIs like fluoxetine and tricyclic antidepressants help manage symptoms. Benzodiazepines provide short-term relief but carry dependency risks. Combining medications with CBT is often best.

## Lifestyle

Regular exercise, adequate sleep, and stress management (like deep breathing) reduce panic attacks. Avoiding caffeine and stimulants also helps.

# **Panic Disorder And Its Treatment**

**R Barnett** 

**Panic Disorder And Its Treatment:** 

Uncover the mysteries within is enigmatic creation, Embark on a Mystery with **Panic Disorder And Its Treatment**. This downloadable ebook, shrouded in suspense, is available in a PDF format (\*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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