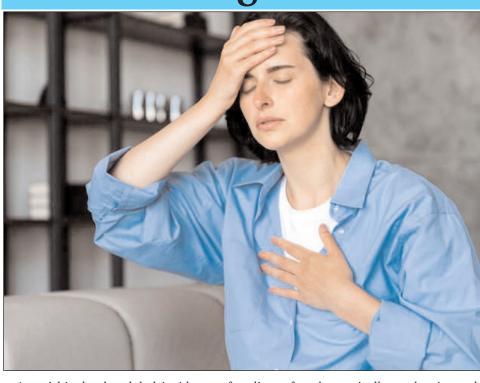
Understanding Panic Attacks & Panic Disorder For Effective Management

#Lifestyle



Astonishingly, the global incidence of panic attacks has increased by 55% from 1990 to 2019. Today, approximately 4.05% of the global population suffers from some kind of anxiety disorder (Javaid et al., 2023). To add to these figures, panic attacks can occur out of the blue, affecting anyone, anywhere. Individuals mostly report feeling as if they are getting a cardiac attack and seek cardiological intervention, as the fear of dying and the thought of 'going crazy' go hand in hand with a panic attack.

What Is A Panic Attack?

A panic attack is a sudden and overwhelming surge of intense fear or extreme

discomfort that typically reaches its peak within a matter of minutes. During a panic attack, individuals may experience a range of distressing symptoms, such as palpitations, profuse sweating, shaking, feelings of being smothered, a choking sensation, discomfort in the chest, nausea, light-headedness, chills or heat sensitive in the chest sensitive in the ches sea, light-headedness, chins of heat sen-sations, numbness or tingling in various parts of the body. The individual might al-so feel disconnected from reality (dereali-sation) or detached from oneself (depersonalisation), etc. Panic Attacks Vs. Panic Disorder

Panic Disorder (PD) is characterised by recurrent, unexpected panic attacks that

occur without a clear trigger. Hence, not all panic attacks meet the criteria for a panic disorder nor do all lead to the con-

It is possible for an individual to experience panic attacks when confronted with known triggers (Expected Panic Attacks), such as heights or closed spaces.

It can occur in isolation as a result of stressful events, situations, or overwhelming circumstances in their lives. For instance, an individual might experi-For instance, an individual might experience a panic attack on hearing about the loss of a close friend. As they grieve through the loss, they might not experience the condition again.

Panic attacks can frequently occur in the background of other mental health conditions such as Generalised Anxiety Disorder, OCD, depressive disorder, and

even personality disorders.

When the recurrent attacks are caused as a bodily response to a substance consumed (like recreational drugs or medications) or another medical condition (hyperthyroidism), they won't be considered as Panie Disorder considered as Panic Disorder.

What Causes Panic Disorder?



Neuroimaging studies show that the fear circuit of the brain, particularly the



part called the amygdala, which processes emotions such as fear and anxiety, is overactive in people with panic disorder. Current understanding also suggests that abnormalities in the hypothalamic-pituitary-adrenal (HPA) axis, which controls the body's stress response, may be involved in the development of panic disorder. However, further recognish is presided der. However, further research is needed to fully understand the neurobiological mechanisms underlying panic attacks and panic disorder.

Treatment Options

Therapeutic interventions offered by mental health professionals are crucial for managing panic attacks. Cognitive Behavioral Therapy (CBT) and Psychodynamic Therapy have proven roles in helping patients deal with thoughts of intense fear. Relaxation techniques, which incorporate mindfulness practices, meditation, and emerging therapies such as Virtual Reality also demonstrate substantial evidence in reducing the symptoms of panic and aborting the attack early aborting the attack early.

Oftentimes, these attacks can be so severe that an individual might feel too incapacitated to make use of a psychological intervention or relaxation techniques. In such instances, medications are effec tive in relieving these acute symptoms Medications can also help in improving mood and reducing anxiety, when panic attacks occur in the background of other disorders like depression or other anxiety

Prevention
According to mental health professionals, the frequent presentation of those suffering from panic attacks does not meet the criteria for panic disorder. For recurring unexpected panic attacks to be recurring unexpected panic attacks to be diagnosed as a panic disorder, they must be associated with more than a month of persistent worry about:

Having another attack, or going through the aftermath of an attack, like losing control, worrying about having a heart attack, or worrying about dying; and Significant changes in behaviour due

to the attack. These might include, for instance, quitting a job or avoiding social

Getting timely help and managing a panic attack effectively can prevent this disruptive mental state. These strategies involve seeking regular treatment, identifying the underlying causes of these attacks, incorporating healthy lifestyle changes, and educating patients and their families about this condition.

Follow these lifestyle tips to help pre-Follow these litestyle tips to help prevent panic disorder: Regular exercise, having a fixed sleep schedule, timely intake of nutritious meals, can help people manage their symptoms better.

Stress management.

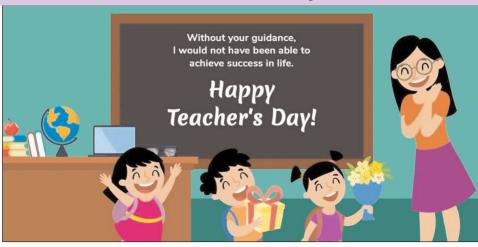
Getting 8 hours of restful sleep.

Decreasing coffee / tea intake; avoiding these beverages 6-8 hours before bed.

Having a routine, both for mornings

Having a routine, both for mornings and evening. Sunlight exposure. Spending time in nature. Spending quality time with friends and family Setting aside time

Why do we Celebrate Teachers day?



A teacher is a friend, philosopher, and guide who holds our hand, opens our mind, and touches our heart. The contribution of a teacher cannot be ignored at all. In many countries across the world, teacher's day is a special day where teachers of schools, colleges, and universities are honored specially. The date varies from country to country. The universally accepted World Teacher's Day is 5th October. In India, the Teacher's Day is celebrated on 5th September and this tradition started from 1962. This is the when Dr.

Sarvepalli Radhakrishnan was born. He was a philosopher, scholar, teacher, and politician and his dedicated work towards education made his birthday an important day in the history of India. We remember the great work

of this exemplary person on this day.
Actually, this man, Dr. Sarvepalli Radhakrishnan was a friendly teacher and he was popular among his students for the example he always set in front of them. So, one day his students and friends requested him to allow them to celebrate his birthday in a lavish way. In return he said that it would be his pride and honor if they celebrate his birthday in respect of all teachers.

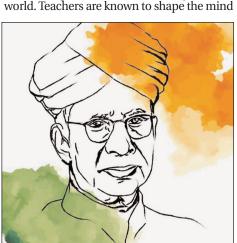
And since then this day 5th September is celebrated as Teacher's Day.

Now, talking about the rest of the world, World Teacher's Day is celebrated on 5th October and it started form 1994. It was UN-ESCO who started this tradition. The focus set by UNESCO was to celebrate the engrossment and accomplishment of teachers and also the primacies that they put on the field of education. Now why 5th October is taken up

as the Teacher's Day? On this day in the year 1966, a special intergovernmental conference adopted the UNESCO endorsement regarding the statuses of teachers.

Why do We Celebrate?

Teaching is the most influential job in the



of youth and without knowledge no one can exist in this world. Teacher imparts good value in children and turn them into responsible citizens. So, almost every country celebrates Teacher's Day.

In India, we celebrate this day on the birthday of Dr. Sarvepalli Radhakrishnan. He was a man of many good qualities and a favorite teacher among students. It was his request that his birthday should be celebrated as an honorable day for all the teachers in the country, in case someone is wishing to celebrate his birthday at all. So, in a nutshell, we celebrate Teacher's Day because teachers have been the architect of the society and without them no society can walk in the path

In his book titled, "Political Thinkers of Modern India", he signified the importance of teachers and education in a country like Democratic India which was still in its early years of development. According to him, there is a huge role of teachers in nation building and for that sake teachers should be respected more.

Best Practices To Start A Sustainable Unline Business



he intentional framework of practices adapted at the conception stage of any business helps it develop further in a remarkable way. The consumers are getting educated and they dare to call out the brands left, right and centre. There is a wave of awareness we see building up due to the reach of social media we have nowadays. Building a brand USP and persona is very important while setting up an online business. It is often seen that many younger consumers are inclined towards choosing brands which are eco-friendly and their overall ethos gives an environment-friendly sense.

So, if you are planning to start a sustainable online business that really cares for the environment then we have curated a list of the best practices you can consider -

Revamp Your Supply Chain

Where does your item get sourced from? Are the labourers or the workforce getting paid? These days conscious consumers might flood your inboxes with questions you might have never imagined being asked. Rather than saving costs look into how you can reduce consumption of natural resources and reduce harmful carbon emis-

Think about how it affects the community. Be transparent and let your customers know the journey of the product.

Recycle

Many self-care brands have introduced certain practices that are thoughtful. The customers get rewarded whenever they send over the empties back to the company. Allowing customers to become a part of the process builds trust and enhances relationships. For example, brands like Plum Goodness have a recycling program where one can send over empties and snag points.

Plastic Wraps

A recent brand on the block which is Kriti Sanon's skincare line Hyphen maintains a zero-plastic footprint throughout its manufacturing process. Brands can consider and imbibe innovative tactics when it comes to reducing plastic and creating eco-friendly wraps while packaging. Making sustainable practices a foundational virtue will help strategize the plan ahead. Bringing Value

If your brand delivers quality and positively impacts the environment, then customers will throw their credit cards at you. Educate your customers and let them know what you stand for.

Collaborations

To be honest, collaborations and campaigns can be a hit or miss. Let's take an example of a clothing brand - To forge its commitment to take its sustainable initiative forward clothing brand 'Summer Somewhere' has associated with 'Re-cycle' an organization that helps brands with waste management. If the brand collaborates with sustainable fashion enthusiasts or influencers then it can leave its dent for sure. Working with NGOs can be very helpful too.

Support And Encourage Employees

The board can create appropriate policies to support employees as they navigate and work towards maintaining sustainability in the office as well. Inducing green thinking in the company culture helps.

The company can install solar panels, become paperless, lower electricity consumption, get some plants for the office, support remote work, promote public transport or carpooling if needed and work towards building efficiency in the workplace ecosys-

Some consumers are very much willing to change their consumption habits in this upcoming decade and it is in the brand's favour to align with the same thought. Change is inevitable and can help brands stay relevant.

Making sustainability a core value while building your brand can take your online business to another level.

The 8 Self-Care Strategies That Every Breastfeeding Indian Mom Need



practices can enhance their cial. wellbeing.

Here are some essential healthcare strategies breastfeeding Indian moms...

Self-care strategies for breastfeeding moms - eat a balanced

Ensure You Eat Right

Traditional Indian diets are rich in nutrition, but breastfeeding moms need to focus on foods that boost milk produc-

Self-care is important for tion, such as fenugreek seeds, every new mother, especially for sesame seeds, and leafy greens. breastfeeding norms who always Be sure that you consume a variprioritise their baby's needs ety of protein, vitamins, and over their own. For Indian minerals. Dal, paneer and moms, incorporating cultural khichdi (above) can be benefi-

Get Enough Rest And Sleep

Adequate rest is important. for Try to sleep when your baby sleeps, and do not hesitate to ask for help from family members. A short nap during the day can also help replenish your en-

> Self-care strategies for breastfeeding moms - stay hydrated

Stay Hydrated Staying hydrated is key for

milk production. Drink a lot of water, even coconut water, and herbal teas such as cumin. Try to avoid caffeine and sugary drinks that could affect your milk supply.

Ensure Physical Care

Maintain personal hygiene and take care of your body. Regularly wash your breasts and ensure that they are dry to avoid infection. Use nipple creams if you experience soreness. Do some exercise; yoga can help with physical recovery and stress relief.

Self-care strategies for breastfeeding moms - surround yourself with a support system

Use Your Support System Surround yourself with a support system. Engage with family members, join breastfeeding support groups, or connect with other new moms. You can share your experiences and offer advice that gives you emotional comfort and practical tips.

Prioritise Your Mental Health Be aware of your mental health. The postpartum period can be emotionally taxing, so engage in activities that bring you joy and relaxation. Practising mindfulness or meditation

helps manage stress and anxi-**Adopt Traditional Practices** Incorporate Ayurvedic practices of consuming warm food and using ghee and include spices such as turmeric in your

Get Professional Guidance

Take advice from lactation consultants or healthcare providers if you are facing breastfeeding challenges. They can also provide valuable support and solutions.

In summary, combining all the traditional Indian practices with a modern self-care strategy helps breastfeeding moms.















