

## SELF-TREATMENT of ANXIETY and PANIC ATTACKS

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Acute stress is the reaction to an immediate threat. This is commonly known as the "fight or flight" response. The threat can be any situation that is experienced as a danger. Common stressors include noise, crowding, isolation, illness, hunger, danger and infection. Imagining a threat or remembering a dangerous event can also evoke a stress response.

Modern life frequently results in on-going stressful situations. These may include difficult work or personal situations. Psychological pressures such as relationship problems, loneliness, and financial worries can lead to chronic stress. Physical illness, especially chronic conditions, is another common source of stress. Stress decreases the quality of life by reducing feelings of pleasure and accomplishment.

Anxiety is a set of symptoms and feelings that everyone experiences from time-to-time – feeling of fear, dread, and uneasiness. It can be a normal reaction to stress. It can help us to cope. Anxiety may give us a boost of energy or help us focus.

SCENAR device is a great self-help resource that is likely to help us with anxiety episodes. As anxiety rises within our bodies, the idea of calming down can feel near impossible. Our emotions can seem out of control, but there are SCENAR techniques that we can learn, practice and use to provide ourselves with instant relief from anxiety, helping us remain calm in stressful situations.

If you're feeling a rush of anxiety, try these calming SCENAR techniques to help you control your feelings and reduce anxiety in the moment:

The acute phase of the stress response, through an area of the brain called the hypothalamus, triggers a hormonal cascade designed to give our body the energy to perform movement. Our body instinctively reacts to a stressful event. You need quick help when you feel rising anxiety - any time and in any circumstances that require it.

We have to learn how to calm our mind and our body. As we already know, the relaxation response occurs when the parasympathetic nervous system (PNS) dominates.

Anti-stress techniques of SCENAR therapy are quite simple to use. They work quickly to stimulate, but not damage, the nerve fibers and be sufficient for the relaxation response to occur.

1. **The inner forearms** – treat the inner surface of the forearm, simply "rubbing" the area to get a soothing and relaxing feeling. Treat both arms in D-0 for 2-3 mins.

*Device settings: F-180Hz, Int-3 or SCENAR FORCE Presets: "FastAid" or "AcuteTrauma".*

2. **The forehead** according to SCENAR -techniques:

- a. **"THREE'S on the forehead** (forehead route of CZ)

*In IDM/ D-1 treat till Dose (\*).*

- b. **"Lines on the forehead"** using Dr. Nikitin's technique.

*Device settings: SDM/ D-0, F-180Hz, E comfortable.*

3. **Points No. 3 and No. 4 on the face** (“6 Points on the face route – 3P6P”) and 7<sup>th</sup> cervical vertebra.

Device settings: SDM/D-0, E – comfortable. FMV - 2mins.

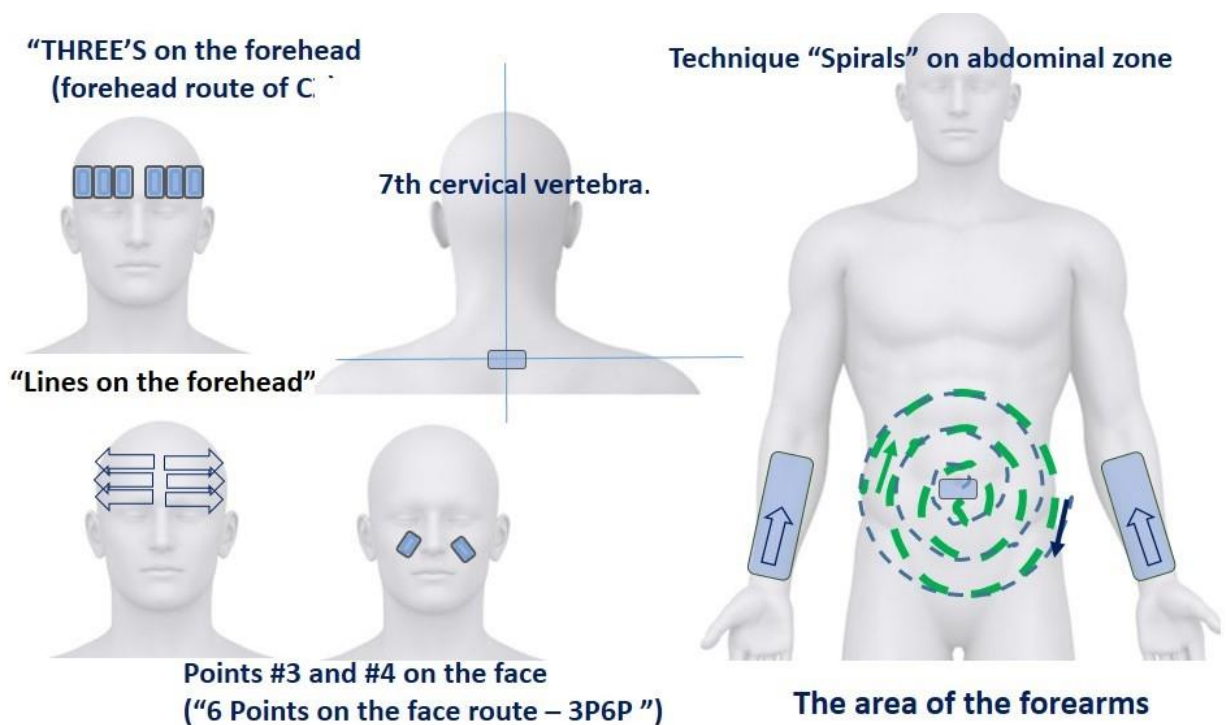
4. When treating anxiety, the goal is to stimulate the production of joy hormones (that are cortisol antagonists). Dopamine, serotonin, endorphin and acetylcholine help promote happiness and pleasure while reducing depression and anxiety. You can give these feel-good hormones a natural boost with SCENAR. They are produced in the intestines, therefore, all techniques on the gastrointestinal tract and abdomen work very well.

**a. Technique “Spirals” on abdominal zone**

Place your device to the right from the naval and hold it there for 2 min. or get Dose (\*). Start slowly moving the device in the circular motion keeping it constantly on the skin and expanding the spiral all the way to the sides, and then constricting the spiral back to the naval. Repeat the procedure 3 times.

NOTE: move clockwise, if the tendency to constipation is present, and counterclockwise, if there is a tendency to diarrhea.

Device settings: SDM/D-0, F-120-180Hz, AM, E – comfortable.



5. Self-massage with **Conductive Gloves**, especially larger zones like abdomen or lower back, inner forearm or forehead. Exposure to special current-carrying gloves combines natural self-massage movements with SCENAR impulses. Do not use Dosed Modes. For

self-treatment (Passive therapy) use them before and/or after regular SCENAR procedure for not more than 7 minutes.

The relaxation response is what you can get almost instantly with SCENAR. In fact, it is the ability to induce the relaxation response “on demand” that will make you healthy.

**Reference list:**

- 1) *Minenko A. SCENAR therapy in complex non-drug treatment of stress// I.M. Sechenov Moscow Medical Academy Department of non-drug therapies and clinical physiology.*
- 2) *Physiotherapeutic methods for correcting oxidative stress// L.V. Klimova, A.V. Tarakanov, A.J. Cherchago Rostov State Medical University, Rostov-on-Don.*
- 3) *ZOPICLONE AND SCENAR-THERAPY APPLICATION ON CHRONIC INSOMNIA IN EMERGENCY PHYSICIANS Tarakanov A.V., Kutovaya E.V. Rostov State Medical University.*