**Dr. Mcayla- Anxiety and Panic Attacks**

**Jeffrey**: Welcome to the Chalene Show. Your host believes she has an amazing singing voice that sounds remarkable like pop sensation, Adele, when she's alone in her car with the music turned up really loud.

**Chalene**: I'm not kidding. I do sound really good in my car when the music’s up loud. Like one time, I had this long drive up to LA. It’s freaking hour long traffic and I went to like every single song on the Adele CD, I'm like, "Okay, I know this isn’t just in my head. I know it's not just because I'm in my car, I sound like Adele. It's tripping me out right now and so, I just had like, well, "I just record myself. I’ll keep the music down little bit lower and I will use my iPhone to record myself singing because I know this isn't just in my head and then I can play it back later and ask my husband, "Do you think I sound as good as I sound?" And I played it back first for myself and I just decided, “You know what? I don't know if the world is ready for this, can you just share those right now?

Maybe I just live him my little fantasy world while I’m stuck here on traffic.” Our beliefs can serve us well or they can hunt us. Our beliefs can make us more confident or they can cripple us with fear.

Today show, we're going to talk about beliefs with an expert. This is my friend, Dr. Mcayla. She is a world renowned expert in EMDR Therapy. She is one of the founders of a protocol called the EMDR Intensive. Specifically, she's going to help us identify the difference between having anxiety, an anxiety attack and a panic attack, and then how to bring ourselves down or more importantly, how to avoid elevating those feelings so that we don't move into a panic attack or an anxiety attack.

I really didn't know much about the subjects. The interview you're about to hear is with Dr. Mcayla on the set of a new program that I've just created and I can’t wait for you to take a look at it. It's called the Courageous Confidence Club and right now, I can't give you more details but it's so cool and it's changing people's lives and we will soon be making it available to everyone but until then, I just had to share this incredible interview with Dr. Mcayla to shed some light on this topic because I'm often asked this question.

Now, this is a two part interview. So the first part is really about identifying the difference between fear and nervousness and anxiety, an anxiety attack and panic attack can what to do about all of those things and in the second part of my interview with Dr. Mcayla, we're going to dig into all the different types of therapy. Why there's so much taboo and why people resist in going therapy and I believe the one reason why most people don't is because they don't understand it or they fear it of they think there's a stigma associated with it that people who have “problems” go to therapy and I actually find the opposite is true.

People who tend to be the most balanced, those who really care for their emotional well-being and they're able to care for others, those are the people who make an investment in therapy and if you've thought about it before and just weren't sure you did not tell that next episode as when you definitely want to download.

All right, before we get into this interview, I will tell you that the sound, the audios are little different because we're doing it in in my live studio set. So other than that, it's just great formation. I’ll include everything we talked about in my show notes at chalenejohnson.com/podcast.

And by the way, if there's ever an episode that like, "Whoa, I just want to tell you specifically what I thought about that episode, I would love to be able to play your message." All you do is that go to that same address, chalenejohnson.com/podcast and then look for the little app that's called SpeakPipe. When you click on that, you’re able to record me a message about this particular episode. Start with your name, be brief, be bright, and be gone, and if for some reason, you flub up the message, don't worry about, you can delete and rerecord until it's flawless. But don't worry about perfection, just talk to me people. All right, off to the interview.

So today we're talking confidence with Dr. Mcayla. She's a psychologist, the creator of the Unstuck Program and an expert at brain and though, training. A various stuck to Mcayla to be here today because she's super smart and she's a doctor and yeah, we have an expert here to talk to us about some of those settle differences that many of them bringing up in like a Line, in Facebook discussions, this thing about confidence and shyness, and the courage that requires to do something like super scary but you know you should do it, right? And the thing keeps coming up where people talk about feeling anxiety. So I just want to talk to the expert and find out what's the difference between feeling a little bit of anxiety and then something that's like more major.

**Dr. Mcayla:** Well, anxiety is, you'll notice anxiety because usually you feel it in our chest; we might feel it in our stomach but usually in our chest, it's a heaviness and it's a tightness and our breathing starts to change. We’re breathing faster and shallower but we’re not going to have a panic attack. Panic attack is partly from the anxiety attack that moves into the next stage.

**Chalene**: Okay, so it's normal for me to feel a little bit of anxiety. If I don't want to call my friend and say, "I can't come to your baby shower." I feel a little bit of anxiety. I feel like tightness in my chest, can be bond, I'm going to disappoint her. I think of these negative thoughts but I do it in anyways but then beyond having a little bit of anxiety, the next stage before we go to panic attack, whether it’s anxiety attack, what’s the difference?

**Dr. Mcayla**: It’s just basically your breathing is shallow and you're just anxious. It's a nervousness; that's all it is.

**Chalene**: How do I know – I guess this is what I'm asking. How do we know if I'm just a little nervous and anxious versus having an anxiety attack?

**Dr. Mcayla**: Well, nervous and anxious, it's really taking inventory of what's happening in your body. If your body is having a physical response, then you're going into an anxiety attack. If it's all up here, and you're just a little bit nervous, then that's something that we're probably ease once you get to the situation you get, you keep rolling with it.

**Chalene**: Okay.

So now I start to feel it's physical. My heart is racing and my cheeks are getting flushed and I'm feeling extremely anxious. The next stage of that can move into is…

**Dr. Mcayla:** Panic attack.

**Chalene**: Okay. How do I moved from anxiety attack to a panic attack?

**Dr. Mcayla:** Well, you'll know because it's almost just as your about to faint, if you’ve ever fainted, it has stopped and everything goes black and you feel completely like your about to lose control, you feel it in your body…

**Chalene**: Like a scared thing?

**Dr. Mcayla**: It's a fear that the world's shutting down basically, that you're going to die. Panic attack, you feel like you're going to die, at the back of your legs go numb, your lips might go numb, your face, cheeks might go numb, so you feel it in your body. And so that's partly what you feel on anxiety attack; it just moves up to the next.

So if you have an anxiety attack or you're feeling anxious, all you have to do is step away for five minutes. Take a deep breath and your body can slow your heart rate down but panic attack is because you're heart's going so fast and too fast and that’s where you're about to faint.

**Chalene**: How do you get out of a panic attack?

**Dr. Mcayla:** Panic attack, you just go somewhere by yourself, just go to a corner, step out of the room, close your eyes, you talk yourself through it, it's going to end because what we don't know when we're having panic attack is it's going to end.

**Chalene**: Okay.

**Dr. Mcayla:** Because you're so out of control that you're not thinking clearly.

**Chalene**: I think I’ve had a panic attack one. You’ll tell me if this is panic attack or anxiety. I have it on my couch. We're doing therapy. So it was in winter, when I was snowboarding and he took me to this very treacherous area and we're climbing across like the top of ridge cliff and I was find [inaudible 0:08:07] and I looked down, and I was like, “Huh,” like I couldn't move, like I knew it was going to be fine. We were literally crawling. I knew logically that I wouldn't roll off but I felt like I was going to die and my heart race started speeding like I was profusely sweating and it was twenty-blow.

**Dr. Mcayla**: That was an anxiety attack.

**Chalene**: Okay, but felt like I was going to die. So what makes [crosstalk]

**Dr: Mcayla**: [crosstalk] you’re going to faint? Did you see black is happening?

**Chalene**: No.

**Dr. Mcayla**: If you can still stand…

**Chalene**: But I was willing in my mind as I’m willing to stay right here until all the snow melts and I just walk down in the spring.

**Dr. Mcayla**: That's why you didn’t have a panic attack because you caught yourself through it.

**Chalene**: Yes.

**Dr. Mcayla**: Yeah.

**Chalene**: I did it. I just left the snow melt. I'll stay right here.

**Dr. Mcayla**: Good. That was good of you.

**Chalene**: And then, I yell a lot of profanities at my husband and that make me feel better too.

**Dr. Mcayla**: Uh-huh? Yeah. I mean the more you can talk to yourself when that happens, just even in your head because the experience is that you're losing control. So the more you talk to yourself, you gain more control and that’s…

**Chalene**: It sounds to me like, you kind of to be careful because am I right? It starts with stages like first, having anxiety like, oh, this looks high, this looks treacherous, I can do it and then start having an anxiety attack I guess and then I walked it back to anxiety and I will say that I got down off the mountain I lived but the entire time I'm having an anxiety but I moved up from an anxiety attack and just stay with me as an anxiety feeling until I got all the way down but I could've gone to panic attack, right?

**Dr. Mcayla**: Absolutely.

**Chalene**: So, what tips can you give people to help them avoid going to that next stage if they’re stuck? I was stuck on the mountain. So what could somebody do when stuck in the situation and they feel like, “Uh-oh, this is a lot of anxiety,” and do you always feel an anxiety attack before the panic…

**Dr. Mcayla**: No, you feel anxious first.

**Chalene**: Okay.

**Dr. Mcayla**: Almost everyone feels anxiety on some levels. So we know what anxiety feels and you’re going to feel it here.

**Chalene:** Yeah.

**Dr. Mcayla:** But you can stop all that from happening with three things really.

**Chalene:** Okay.

**Dr. Mcayla:** You’re on a mountain.

**Chalene:** Right.

**Dr. Mcayla:** So, I don’t know where you’re going to go necessarily. You can slide up.

**Chalene:** Slide down.

**Dr. Mcayla:** But if you can get away from this circumstance and step away, that would be the first thing I would say.

**Chalene:** Okay.

**Dr. Mcayla:** Just step away for a second.

**Chalene:** Should you tell people why you’re stepping away because I think some people stay because they’re like, “Oh, gosh! I don’t want to embarrass myself and let people know I’m having anxiety?”

**Dr. Mcayla:** If you’re just having an anxiety, it’s not necessary.

**Chalene:** Sure. Just make up an excuse. Actually, that’s the best term.

**Dr. Mcayla:** Yeah. You got to go tell them whatever the case.

**Chalene:** Yeah. But stay away if you can.

**Dr. Mcayla:** Okay.

If you feel like you’re having a panic attack, then I would tell somebody. It’s depending on how brave you are.

**Chalene:** Okay. Because what could happen?

**Dr. Mcayla:** Nothing’s going to happen. That’s the problem. That’s the problem for the person.

**Chalene:** Right. Okay. But you can tell people like, “By the way, I’m having a panic attack,” you should say that?

**Dr. Mcayla:** You can.

**Chalene:** Why? Because I don’t know what a panic attack looks like I guess because I haven’t had one but…?

**Dr. Mcayla:** Well, I’ve experienced some myself.

**Chalene:** Yeah.

**Dr. Mcayla:** And I think it just depends on the personality. I already know what a panic attack is, so if I’m going to have one with this far and in between, I think the last one years ago just grow off by myself real quick just tell myself it’s going to end, it’s going to end and it ends really in minutes.

But if you don’t know what’s happening, then absolutely just tell somebody real quick and you’re probably going to feel a lot better and come out of it real quick just knowing somebody knows.

**Chalene:** Okay.

**Dr. Mcayla:** But the second thing to do is panic attacks, anxiety attacks are because you’re breathing, your heart is beating too fast.

**Chalene:** Yes.

**Dr. Mcayla:** When I have a client who’s having anxiety attack or panic attack in session, the first thing we do is tell him to take a breath, breath into your nose, and then exhale out. You do that three times.

**Chalene:** Exhale out through your nose or through mouth?

**Dr. Mcayla:** Through your mouth. If you do that three times, you’re probably going to step right out of that anxiety and the panic attack. It’s just breathing. It’s literally that simple.

Third thing that you can do is when your heart is beating, it’s because for some reasons there are thoughts.

**Chalene:** Okay.

**Dr. Mcayla:** Because we don’t have a feeling on its own. It starts with a thought that prompts the feeling.

**Chalene:** Yeah.

**Dr. Mcayla:** So if we have anxiety, there’s thoughts floating around up there whether we’re aware of it or not.

**Chalene:** Yeah.

**Dr. Mcayla:** That’s why you want to talk to yourself during that time, “I’m okay. Everything is okay. I’m safe. I’m in control.”

“God is good. All is well.”

Exactly. And if you start telling yourself that your brain is going to cue into those thoughts and then that’s going to automatically change the anxiety.

**Chalene:** What would you tell someone who is suffering from panic attacks and their panic attacks have really crippled them from being able to do things, something that they want to enjoy, or that now affects their family or social interaction?

I was reading online a lady who wrote to me on Facebook and she said, “I got three young kids and I can’t even run errands because I’m going to have a panic attack just in a social environment like me walking through Target.” So what do they need to do? Can they fix up themselves or should they seek help?

**Dr. Mcayla:** Well, I think they should start with seeking help and that’s really was the basis of my anxiety program is more for people what they can do on their own. But I get clients who will come to me, and I have the best job, that they have gone their whole life in their 40s and 50s now and they have this fear of dying per se. That’s one of the biggest fears. And it just gets to the point where now they are agoraphobic or they’re having panic attacks. This is a ruminating fear.

But you have a program or a protocol like EMDR, and literally in two sessions, it’s gone.

**Chalene:** True.

**Dr. Mcayla:** Because when we’re having any of those kinds of experiences as panic attacks, panic attacks are a symptom of other deeper issue.

**Chalene:** Yeah.

**Dr. Mcayla:** It’s just a symptom. Every symptom is because of some other deeper issue going on. And the deeper issues are really about the thoughts in our head.

**Chalene:** Yeah.

**Dr. Mcayla:** The bottom line is it all starts with what’s in our head – the thoughts that are going on. We just don’t notice there’s thoughts there all the time. We just noticed the anxiety.

**Chalene:** Yeah.

**Dr. Mcayla:** But there’s thoughts there all the time. And working with her, we only took two sessions. But what I teach people is on their own because I don’t know if someone’s going to come back or once they feel good they’re done. You know what I mean?

**Chalene:** Yeah.

**Dr. Mcayla:** The best I ever felt is I teach them to really notice what the thoughts that they have in their head and whether they believe or not to tell themselves the opposite constantly because you are actually rewiring your brain.

**Chalene:** Tell yourself the opposite of what you’re thinking, is that what you’re saying?

**Dr. Mcayla:** Absolutely. So, people notice the anxiety first.

**Chalene:** So, let’s just go back to my simple example. I am on the edge of a mountain.

**Dr. Mcayla:** Exactly.

**Chalene:** And my thought is I’m going to roll down.

**Dr. Mcayla:** Okay.

**Chalene:** I’m going to lose control and I’m going go flipping all the way down.

**Dr. Mcayla:** It is the toll. Exactly.

**Chalene:** I’m going to break every rib and I’m just going to end up in a body bag.

**Dr. Mcayla:** Perfect. So that’s the image too that’s been playing in your head.

**Dr. Mcayla:** That’s my thought.

**Chalene:** Okay. Perfect. So that’s the image too at a scene playing in your head.

**Chalene:** Yeah.

**Dr. Mcayla:** So what you want to do is you wanted to then pull from your logic, “Okay, I’m going to die,” is this the caption?

**Chalene:** Yeah.

**Dr. Mcayla:** Think of it as a caption.

**Chalene:** Okay.

**Dr. Mcayla:** Okay. There’s a caption to every single image.

**Chalene:** That scene.

**Dr. Mcayla:** Our whole brain just holds this tape, so you got this caption of you rolling down a hill.

**Chalene:** Yeah. It was a mountain or a hill?

**Dr. Mcayla:** Mountain. Okay. Speak huge, mountain.

**Chalene:** Yes.

**Dr. Mcayla:** And the caption is, “I’m going to die.”

**Chalene:** Yes.

**Dr. Mcayla:** So, logically, you know you’re not going to die. Even though it feels like it, you logically know that.

**Chalene:** Right.

**Dr. Mcayla:** So you want to notice that image in your mind and just repeat to yourself, “I’m not going to die. I’m safe.” I’m in control.” If you do that, the anxiety is gone because this is only happening because of that thought, “I’m going to die.”

**Chalene:** Yeah.

**Dr. Mcayla:** The image of you falling or rolling down the mountain, it really has no power or whatsoever – all the images and scenes. They’re just images and scenes. It’s the thoughts that attached to them.

**Chalene:** Okay. The caption I’m giving it.

**Dr. Mcayla:** It’s the caption. It’s all about caption.

**Chalene:** Okay. All right. That’s good. That’s really good.

**Dr. Mcayla:** You can use that walking in to a room with a bunch of people, or doing a speech, or really any event. If you just notice in the same way just like that mountain, “What’s the scene playing in my head and what’s the logical caption?” Put a new one to it.

The trick is people say, “Yeah, but it doesn’t feel true.” It doesn’t matter. You have to believe it’s true. Just put the caption and you’re going to notice you’re body completely respond different.

**Chalene:** That’s huge.

**Dr. Mcayla:** Yeah.

**Chalene:** That’s great. That’s awesome. Thank you so much for being here.

**Dr. Mcayla:** Sure.

**Chalene:** Thanks for joining me for this two-part interview with Dr. Mcayla. In the second episode, we’re going to into all the different types of therapies that are available to people and this is really important to me because my job, my passion is to help people become their best. And sometimes that’s learning techniques, sometimes it’s just understanding habits, but I have to tell you there has been a huge realization on my part in just the last five years that the people I want to help the most sometimes all of those things don’t help because they really haven’t figured out and process some things in their brain, some events, experiences from early in their life or even just traumatic recent events that has them stuck.

And when I realized that my techniques even if they could apply them, there were still something stopping them, something standing in their way, I recognized that what that meant for many people was finding an expert who could help you with your brain. I just can’t encourage you enough to consider going to see an expert for your brain. We have to remove the stigma around therapy. And I think one of the best ways to do that is by educating ourselves on the different types of therapies that are available.

The movies have done a really great job of making us believe that you’re going to be laying on the couch talking to a stranger about all of your problems and that only really messed up people go to therapy.

I believe the opposite is true, really, smart people go to therapy. And because you’re so smart, I’m going to share with you all the different types of therapies that are available to you and you can pick one that best suits your needs or at least evaluate if this is something you are willing to consider.

I look forward to hearing your thoughts. Please go to chalenejohnson.com/podcast and leave me a message specifically about this episode or my next episode which I’ll be uploading in just a few days depending on when you’re listening to this that will go in deep with Dr. Mcayla and all the different types of therapies.

Thanks for listening. I love you for the investment of time that you spend with me. Until we talk again, just make sure you know, YouAreTheBomb.com.

**Jeffrey:** Thanks for listening, lifers. Chalene advise you to join her for a free coaching program designed to help you get organize, productive, and laser focus on what really matters. To sign up for a free video coaching program, please visit 30daypush.com.

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