**Water Helps Ease General Anxiety!**

Today I want to look at something so simple and yet equally powerful in alleviating the symptoms of general anxiety.

This tip also helps reduce the frequency and strength of panic attacks.

**Fresh Drinking Water**

Water is a great quencher of thirst but more importantly here -a *great quencher of anxiety*.

Read all about it on my blog here :

<http://www.panicaway.com/blog/water-helps-ease-general-anxiety>

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