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All About Anxiety Attacks

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Anxiety attacks can happen anytime, anywhere when you least expect it.

Anxiety is what we always feel when we are in a tense situation, like studying harder for a major exam, rendering a speech in front of many people, or going on a blind date where you don't know what to expect; even a bride definitely feel anxious on her wedding day (maybe thinking, what if she'll be stood up by her groom! What a terrifying thought!). If you feel anxious or fear for certain circumstances or things and with logical reasons to be, it is just a normal and rational response. But, if you feel unexpected surges of overwhelming dread that comes without warning and for no reason at all, it is no longer regular anxiety but anxiety attack.

Anxiety attacks are far more intense than having the feeling of being stressed or anxious that most people experience. It is described as a sudden attack of intense fear or feelings of impending fate or disaster that strike without warning and for no apparent reason. And this can be immediately followed by several symptoms. These are caused by a shift in the way the Amygdala, the small organ in the brain which regulates the anxiety response, behaves when confronted with an anxiety provoking thought, sensation or situation. Anxiety attacks occur when a level of anxiety is reached which causes the Adrenalin to produce severe symptoms which reach a peak in just a matter of minutes. The peak of an attack can range anywhere from 5 to 30minutes, but the symptoms may last a little longer. The symptoms of anxiety attacks are completely harmless, although they can be very frightening. Anxiety attacks belong to a group of anxiety disorder, like panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), and agoraphobia.

Some of the symptoms of anxiety attack are intense heartbeat, difficulty of breathing, palpitation, nausea, excessive sweating and trembling, chest pains, fearful of going crazy or about to die, sudden chills, and the like. Some people may experience different or more anxiety attack symptoms but this does not mean that their condition is far worse or that you are suffering from different undiagnosed condition. And because we are all different, the symptoms during anxiety attacks can vastly vary. You might not find among the listed anxiety attack symptoms what you are experiencing and you'll start to think there's something very wrong with you. The list is just a guide only. Everyone reacts differently.

Anxiety attacks are always a sign of underlying anxiety disorder which itself can be treated successfully with or without having to go through medication or costly therapy. Linden Method offers a cure on panic and anxiety attacks. According to this method, anxiety attacks are not a sign of illness. The way to cure it is to eliminate the causes that trigger anxiety attacks.

Learn about [causes of anxiety](#) and [anxiety disorder treatment](#) at the [Health And Nutrition](#) site.

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