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Alleviate Anxiety Panic Attacks Symptoms - Exposed

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[Anxiety attacks and Panic attacks](#) is the most common emotional disorder and is actually more common than the bipolar disorder, OCD, schizophrenia, and depression. One out of 75 people worldwide will experience a panic attack at one point in their lifetime.

Anxiety is a fairly normal reaction to stress. It helps an individual deal with stressful situations in any situation. Generally, it helps an individual cope. However, when anxiety becomes an excessive, irrational fear of everyday situations, it has become a disabling disorder. The attacks that come from these fears are panic attacks. When that fear becomes too much, an attack can occur. These attacks come without warning and without any particular reason. It is a far more intense feeling, then solely feeling "stressed".

ANXIETY PANIC ATTACK SYMPTOMS

This may make you feel stressed, which could cause a panic attack. So how can you tell if you're having a panic attack?

Listed below are the most common Anxiety Panic Attack Symptoms

- * A Rapid heart beat
- * Intense Sweating
- * Shaking visibly or feeling shaky on the inside
- * The feeling of a "lump" in your throat, or choking sensations
- * Shortness of breath
- * Chest pain or discomfort
- * Nausea or abdominal discomfort
- * Extreme Dizziness
- * Feeling light-headed
- * Derealisation (feeling unreal or dreamy)
- * Fear of losing control or going crazy
- * Paresthesias (numbness or tingling sensations) in face, extremities or body
- * Chills or hot flashes
- * Skin losing color
- * Feelings of dying, In severe anxiety panic attacks you may feel like you are actually dying. This is however, the worst symptom you can have.

Treatment can include prescribed medications, but most people prefer more natural cures for anxiety. There are vast amounts natural methods of preventing [anxiety panic attack symptoms](#) that have helped millions of people take control of their lives. To quit living in fear of their disorder, and be free of their symptoms.

For more information about this topic visit the following site: [Panic Away](#) and see for yourself.

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