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An Anxiety Attack Symptom May Last For Weeks

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There are therapies available that help to control anxiety attack symptoms because a lot of people suffer from stress as well as anxiety to some extent or the other and these are only natural defense mechanisms though sometimes get out of control. The anxiety attack symptoms can be more than one can tolerate and sometimes this is known as Generalized anxiety disorder (GAD). GAD is chronic by nature and the whole day the patient has exaggerated worry as well as tension in spite of the fact there is little stimulus to provoke anxiety attack symptoms.

The anxiety attack symptoms are nothing new and have affected as many as 20 million people in the US, which works out to be one in every 14 people! Such anxiety attack symptoms might include phobias, post-traumatic stress syndrome, hypertension as well as obsessive-compulsive behaviors.

Treat with Medication and/or Therapy

One sure-fire way of stopping the anxiety attack symptoms is to take medication and this may help to break the cycle. A number of different and effective medications are available. An alternative to medication is therapy which is relatively inexpensive and even some employers may provide reimbursement for professional consultations. Some people may prefer breathing exercises, which may help alleviate the feelings of dread as well as work to prevent anxiety attacks. For places to find more information regarding anxiety attack symptoms one can consult books, videos as well as go online.

When a person feels extremes of fear one can safely assume that he or she is suffering from anxiety attack symptoms. However, the same person can have different signs as well as symptoms during an anxiety attack and most of the symptoms do not last more than half an hour. Apart from fear, there are other anxiety attack symptoms such as chest pain, dizziness or feeling light headed, afraid of losing control or doing an embarrassing thing. Sufferers fear feeling out of touch with reality and people and things surrounding that person, forebodings of doom, palpitations of the heart, sweating and trembling, stomach disorders, numbness in the hands or feet, and also, loss of breath.

In the case of panic or anxiety disorders the patient may have anxiety attacks that occur frequently and there may not be any reason or warning about these attacks. Also, the patient may fear having another anxiety attack. And, there may also be periods without any anxiety attack symptoms.

Click on any of these links to find out more about [anti anxiety medication](#), [anxiety attack symptom](#) and [anxiety in children](#).

www.Panic-Away.me Here you will see how a typical panic attack manifests in an everyday scenario. You will also learn how to recognize the typical bodily sensations associated with panic attacks.

You can also find this article published on [An Anxiety Attack Symptom May Last For Weeks](#), and on the tag pages [Anxiety](#), [Attack](#), [Last](#), [Symptom](#), [Weeks](#).