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Anxiety Attack Symptoms – Know the Warning Signs of Anxiety Attack

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If you're experiencing anxiety attack symptoms, then you have to quickly have yourself tested and treated. Recognize the signs of anxiety and take some time to cure it, no matter how hectic your lifestyle is. How do you know if regular conditions that make you worried or uneasy are just normal, or something that needs immediate attention, like anxiety attack symptoms?

Anxiety Attack Symptoms

The most common anxiety attack symptom is intense fear or phobia. This often unfounded fear may be accompanied by any one or more of the following:

- Heart palpitations and faster heartbeats

- Dizziness or nausea

- Pins and needles muscle pain

- Difficulty in breathing

- Hot or cold flashes

- Excessive sweating and/or tremors.

- Chest pain

- Having a feeling of impending doom. You may feel that something bad is going to happen to you or to your loved ones.

- Stomach problems – feeling sick to your stomach, diarrhea and sometimes even vomiting

An anxiety attack usually lasts half an hour or less. It can be a one-time event or a repetitive one. If anxiety attack symptoms are frequent and regular, you may be already suffering from an anxiety disorder. Sometimes, anxiety attacks are triggered by the fear of having another anxiety attack.

Anxiety Disorder

This disorder is characterized by chronic worrying and repeated episodes of anxiety or panic attacks.

Aside from the symptoms associated with anxiety attacks, those with anxiety disorder generally experience difficulty concentrating, change in appetite, frequent need to use the bathroom, insomnia, restlessness, lethargy, irritability, loss of interest in life, muscle tension, fatigue and others.

The most common type of anxiety disorder is generalized anxiety disorder (GAD). This is usually associated with a false or irrational fear that something terrible will happen in the future. This could mean being so preoccupied about the cause of your anxiety so much that you cannot focus on other things like work. Sometimes there is no exact cause for the anxiety, though feelings of dread overwhelm the person on a daily or regular basis.

Anxiety Treatments and Medication

A counselor can usually treat mild anxiety. The counselor can give breathing and relaxation exercises to deal with anxiety attacks when they occur. It also helps to do regular meditation on your own.

Some herbs like chamomile, which has a calming effect, can also help. Testimonial evidence shows that valerian and passion flower, when combined, effectively reduce anxiety. Other herbs that can be used for treatment are kava hops, skullcap, motherwort, pennyroyal, St. John's wort, and linden.

For severe cases, relaxation exercises and herbal remedies may only be supplemental to anxiety medications. Recommended medication especially for GAD is alprazolam, which is most effective for anxiety disorders with biological basis. The right dose of alprazolam, though, differs from patient to patient. Finding the best dose for you may take time, but consulting a good doctor may make it easier.

Understanding anxiety attack symptoms and its signs may help you and others effectively deal with this disorder. With the proper treatment, anyone suffering from anxiety attacks can gradually live a happy and fearless life.

Self-help expert Michael Lee has prepared a FREE anxiety-busting course that reveals secrets on effectively [treating panic disorders](#) and anxiety at <http://www.20daypersuasion.com/panic-secret.htm>

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