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Anxiety Attack Symptoms - Do I Suffer From Anxiety Disorder and Panic Attacks?

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In general anxiety is the body's natural response to danger. It functions like an automatic alarm system when a person feels threatened. Which is not something bad because anxiety can help us to stay alert and focused to solve problems. That means it is good to have a normal anxiety level.

However, when anxiety starts to dominate your thoughts and constantly interferes with your daily life then the normal anxiety has turned into an anxiety disorder. People suffering from anxiety disorder experience panic attacks.

In short form a panic attack is a sudden surge of overwhelming fear and anxiety.

These are some very common panic and anxiety attack symptoms:

- Tight Throat
- Feeling Dizzy and Nervous
- Restlessness
- Numbness
- Hyperventilation
- Hot or cold Flashes
- Feeling Tense
- Chest pain or Discomfort
- Fear of losing Control
- Nausea or Stomach cramps
- Depersonalisation
- Trembling and Shaking

If these feelings are what you experience, then you may be suffering from anxiety disorder.

Here are some other physical effects of panic attacks. For example, the pupils widen to let in more light, which may result in blurred vision, or "seeing" stars. There is a decrease in salivation, resulting in dry mouth. There is less activity in the digestive system, which often produces nausea, a heavy feeling in the stomach, and sometimes even constipation.

Finally, many of the muscle groups tense up in preparation for "fight or flight" and this results in subjective feelings of tension, sometimes extending to actual aches and pains, as well as trembling and shaking.

Every individual has slightly different [anxiety attack symptoms](#). Having a panic attack for the first time people think they have caught some sickness. Often people experiencing a panic attack may assume that he or she is suffering from a heart attack due to chest pain and breathing problems.

People who suffer from anxiety attack symptoms or anxiety disorder have lost control of their lives. They are constantly anxious about everything. Fear is completely dominating their mind.

For them it is highly important to seek help for the anxiety. It won't go off just like this.

There is a key difference between somebody who is totally cured of anxiety attack symptoms or anxiety disorder and somebody who is not.

[Learn the key difference and more about anxiety attack symptoms](#)

Tanja Junge - Health Coach -

See also anxiety attack causes and natural anxiety cure at <http://www.PanicFreeForGood.com>

Anxiety symptoms and anxiety symptom information.

Video Rating: 5 / 5

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