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Anxiety Attack Symptoms - Knowing About Your Anxiety And Dealing With It

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It is a part of life for humans to feel anxiety on occasion. We all have, in some part of our lives, experienced worry, nervousness, fear, and concern. We feel nervous when we have to go for that big job interview, or stand in front of a group of our peers and deliver a speech, or just a simple doctors visit makes some people feel nervous. Pictures of insects and snakes can set some people off, or looking down from a tall building.

The majority of people can carry on with their lives without much difficulty and manage these types of feelings fairly well. Luckily, their lives are not disrupted by these feelings.

An estimated 15% of the population live in highly restricted ways due to their suffering of constant anxiety that severely affects their lives. Obsessive thoughts, extreme shyness, phobias, panic attacks, and even compulsive behaviors, are some of what these people experience on a daily basis. Their lives have become disrupted by the feeling of constant anxiety that dominates them.

Sadly, there are some who have become confined to their homes, unable to visit the market, drive or even work. Anxiety is much more serious and damaging than just an occasional wave of apprehension for these people.

There are different types of anxiety disorders out there that can go from minor to severe depending on the individual. A person's overall behavior, thoughts, feelings and physical sensations are affected by an anxiety disorder. Depending on which type of anxiety disorder they have will determine the severity of it. People handle anxiety in different ways so the severity of their suffering will vary from person to person.

A fear of being around other people is known as social anxiety or social phobia. People suffering from from this particular disorder feel self-conscious around others. They feel that everyone is staring at them, judging and being critical in some way.

These people also learn to stay away from social situations and avoid others, because the anxiety is so overwhelming. Some stay in a room with the door closed so that they can be alone. The feeling is constant and even happens with people they know and have spent time around.

Social anxiety sufferers are aware that their thoughts and fears are not rational. They know that others are not really watching or evaluating them. But, even knowing this does not make the feelings go away.

A person that has panic attacks without warning, suffers from a condition known as panic disorder.

About 5% of the adult American population suffers from panic attacks, according to the National Institute of Mental Health. For those people who experience panic attacks and never receive treatment go unknown, therefore, making the number higher than recorded.

People suffering from panic attacks experience:

Trembling

Sweaty palms and hands, tingling in the hands, feet, legs, and arms

Acceleration or pounding of the heart

Heaviness in the heart or chest pains

Feeling of terror

Dizziness and lightheaded

Fear of dying

Fear of losing control or going crazy

Feeling unable to catch one's breath

In some instances, the person who has a panic attack does not know what causes it. It happens unexpectedly and without warning. For some people, they have encountered difficult times and have felt extreme stress and weren't surprised that they had the panic attack.

Finding treatments for anxiety and panic attacks is the foremost step to overcoming your problem with anxiety. Once receiving the proper treatment, most people who suffer from anxiety begin to feel better in a short amount of time. Since each person's anxiety is caused by a unique set of factors, it can be difficult to identify the correct treatment.

Seeking professional help immediately will allow you to have a diagnosis of the problem and set you on your way to conquering your anxiety . Anxiety can be overcome if dealt with properly . It takes the patient believing that his or her anxiety can be stopped and overcome.

To find more information on [anxiety attack symptoms](#) and how to be rid of them altogether, visit my [anxiety attack symptoms](#). I reveal all the secrets to managing anxiety attacks and how to overcome them.

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