

File Created by [Blogging Rebirth](#) WP Plugin

Anxiety Attack Symptoms- Things to do to stop panic attacks!

Anxiety Attack Symptoms- Things to do to stop panic attacks!

You have to know about [anxiety attacks symptoms](#) in order for you to take the right actions and find a better way to treat your anxiety and panic disorder. When these symptoms of anxiety and panic occur some people may feel scared and insane. Knowing the signs of panic attacks will help you react properly when the attacks happened.

One of the common symptom with anxiety attacks is a change in the way you breathe. You may feel a heaviness or even a shortness of breathe. This can be very scary. And it is not an asthma attack. It is an anxiety panic attack. Off course, the feeling of not been able to breathe can be very scary. You need to learn to control your breathing and try to repeat in your mind that everything will be ok. Breathing slowly and taking deep air might help you overcome the panic attack.

Another common [symptom of anxiety attacks](#) is a high heart rate. Normally, when we feel anxious our heart does beat stronger. Now, it is quite difficult to differentiate between a normal anxiety feeling regarding a threat or one caused by panic and anxiety disorder. The human been is made to respond to the nearer threat by feeling anxiety. This helps us to react to danger. However, if you have these attacks without reason than you may suffer from panic disorder. The heart is beating to such a high rate that some may confuse it with heart attacks.

Some people besides a change in breathing and heart rate may feel that their mind is empty. Often, they can not name the persons surrounding them or process details of where they are. They even can not speak. This is a very frightening situation that someone having panic attacks may feel.

Some people may not pay too much attention to these symptoms or simply imply that they will disappear themselves. While for some is true, for others the symptoms of anxiety attacks will get worse and they start to fell low about themselves and get some phobias. These will affect further their life without proper treatment which address the real issues of their [anxiety panic attacks](#).

Find More [Anxiety Attacks Symptoms Articles](#)

You can also find this article published on [Anxiety Attack Symptoms- Things to do to stop panic attacks!](#), and on the tag pages [Anxiety](#), [Attack](#), [Attacks](#), [Panic](#), [Stop](#), [Symptoms](#), [Things](#).