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Anxiety Attack Symptoms - What Are They, What Should You Look For?

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Are You Having Panic Attacks? Recognize the Symptoms

Most panic attacks or anxiety attacks are simple, harmless bouts with stress and anxiety but sometimes, these anxiety attacks can become harmful and can lead to more complicated disorders if they happen regularly and with little provocation. Panic attacks can be prevented from becoming full-blown disorders by recognizing various anxiety attack symptoms and being aware of why and how they occur.

Both stress and anxiety are normal emotions that are caused by events such as a first date, family troubles or college exams. When stress or anxiety is felt, the brain releases adrenaline or cortisol (stress hormones), which trigger different reactions such as increased heart rate, dilated pupils and the overproduction of sweat to prepare the body to face the danger it senses. This reaction is your body's natural "fight or flight" response, a mechanism built into man since prehistoric times, when the body needed these reactions to fight or flee from dangerous sabre-toothed tigers and mammoths.

Although it has been years since sabre-toothed tigers roamed the earth, the body still reacts to stress the same way, even if such life-threatening situations are few and far between. Stressors, such as traffic or final exams, cause your body to go through the same reactions: your pupils dilate, your heart beats faster and you sweat more. These anxiety attack symptoms may sometimes be compounded by overwhelming fear and panic and can lead to depression or even mental disorders.

There are ways and signs by which you can tell whether you're just having a really bad day or if you are experiencing a panic attack. Different symptoms, which are categorized into two general groups, can help you identify if anxiety attacks are about to set in.

The physical symptoms of panic attacks are like heart attack symptoms, making these attacks difficult to diagnose. The following are anxiety attack symptoms that manifest themselves physically.

- Increased heartbeat and palpitations
- Cold hands and feet
- Increased sweat
- Vertigo (lightheadedness or dizziness)
- Pains in the chest area
- Numbness or a tingling sensation
- Pupils are dilated
- Stomach problems like diarrhea

Although most attacks manifest themselves physically, some of those who experience these attacks may also feel emotional symptoms. Some people say that they start feeling detached from reality, while others feel extremely scared of death and of losing their minds. Below are some emotional anxiety attack symptoms that may accompany the physical symptoms.

- Extreme fear (of death, losing control or going crazy)
- Feeling detached from reality
- Extreme insecurity and uneasiness
- Confusion and ungainliness
- Unease and restlessness

People who experience panic attacks sometimes enter a vicious cycle: they worry about suddenly having attacks in a public place such as a mall or movie house. Some fret about experiencing attacks while driving. These worries, in turn, trigger anxiety attacks and these attacks get compounded and become debilitating. Some become so fearful that they avoid leaving their houses or driving.

Panic attacks and anxiety attack symptoms can be kept in check by relaxing and keeping your body and yourself

under control even in the worst situations. Learning proper relaxation techniques, physical activities such as yoga or running and even meditation can help you stop and prevent anxiety attacks for a happier, anxiety-free life.

Rebecca Hughes has suffered from Panic Attacks and Anxiety Disorders most of her adult life. Rebecca has become an expert in the field and has discovered how to successfully overcome the condition without the need for any drugs or medication. Rebecca is fully aware of the impact Anxiety Disorders can have on your life and is committed to helping her fellow sufferers. You can learn more about [Anxiety Attack Symptoms](#) and Rebecca's success story in her 9 part mini-series available at <http://www.panicattackcentre.com> along with a wealth of additional information on the subject.

You can also find this article published on [Anxiety Attack Symptoms - What Are They, What Should You Look For?](#), and on the tag pages [Anxiety](#), [Attack](#), [Look](#), [Should](#), [Symptoms](#), [They](#).