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Anxiety Attack Tips - What to be Aware of With Anxiety Attack Symptoms

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An anxiety attack is not a pleasant experience for anyone. Anxiety is our body's way of responding to a stressful situation. Everyone at some time in their life has experienced anxiety. But if you worry excessively or are experiencing anxiety attacks for no known reason, then you may have anxiety disorder.

For people with anxiety disorder, anxiety attacks can be debilitating. Some people have such severe attacks that they are unable to even go outside or engage in normal social activities. Anxiety attacks can make you feel short of breath and dizzy. You may experience chest pain, nausea and you may have a terrible sense that you are going to die. If you are experiencing attacks in this severity, you need to seek treatment right away.

There are many factors that can contribute to you developing anxiety attacks. Environmental factors such as poverty, family conflict, critical or strict parents and parents who are consistently anxious themselves can pre-dispose you to these type of attacks.

Other factors that can contribute to anxiety attacks are brain chemistry and heredity. Studies have suggested that an imbalance of certain transmitters in the brain can lead to increased anxiety. It has also been determined that anxiety tends to run in families.

Trauma is also a big factor in the development of this health issue. A car accident or an abusive relationship can lead to anxiety in many people. It is important that you explore the cause of your anxiety attacks with a licensed therapist to aid in your healing.

Untreated anxiety attacks can lead to a lot of other health problems. A lot of people that experience anxiety attacks will attempt to self medicate with alcohol or drugs to ward off the attacks. These attacks can also negatively impact your home life, your work and any other personal relationships you may have. Anxiety can also lead to depression and low self esteem. In severe cases, it can lead to suicide.

Anxiety attacks should never be taken lightly. There are several different medications on the market today that have been very successful in treating anxiety and depression. There are also natural methods of eliminating these attacks as well that have proven to be very successful. With the right treatment, you will be able to lead a normal life and anxiety attacks can be a thing of the past.

By the way, you can find out more on [Anxiety Attack Symptoms](#) as well as discover much more information on everything to do with anxiety and panic attacks by going to <http://www.AnxietyAttacksA-Z.com>

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