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**Anxiety attacks symptoms | Find out if you
Really suffer anxiety today!**

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Learn how to treat social anxiety disorder before it gets worse.

I have suffered from anxiety for over 10 years. I was an outsider as a child, and when I was a little older (as a teenager) I had really hard time coping with social situations. The most stressful situations for me were public speaking and talking to strangers which are the most frightening situations for most sufferers. But if I have succeeded to stop anxiety attacks than so can you!

What cause anxiety? Our brain always compares memories from the past to the situation you're in right now and that's how you can take the right action for the current situation. If a person experiences a lot of rejections in social situation than his brain will automatically anticipate disaster and will make your body react like you are in a real life threatening situation. Than, when a person get stressed a lot in social situations, he start avoiding them, which makes the anxiety attacks even worse. Therefore with every year passes the anxiety get worse. It's important to deal with your fears as soon as possible.

But before we get to the actual information it's important that you understand the differences between panic and anxiety attacks so you can diagnose what you suffer from and treat it better. The first difference is that anxiety attack usually last longer than panic attack and panic attack can overwhelm you quickly without warning. The second difference is that anxiety disorder sufferers afraid from failure or rejection and panic disorder sufferers afraid for their own medical condition (afraid that they're going to die by getting a heart attack or stop breathing). Both anxiety disorder and panic disorder are triggered by stressful situations (work, social situations etc.). The symptoms and the treatments are very similar Even if there are slight differences between the two conditions. Here we will concentrate on the anxiety attacks symptoms.

Look at this list of symptoms to decide if you really have anxiety disorder.

The anxiety attacks symptoms:

1. Breathing difficulties – one reason is that your body getting you ready for a fight. The second reason is the muscle tension around your neck. That's happens because your brain assume that you are in a life threatening situation.
2. Sweating – when your muscles contract they get warmer. This might make you sweat.
3. Fears of getting crazy, Losing Control or even Dying.
4. Heart racing – You get a conscious awareness of you heart beats. You might feel them in you neck or neck. (This is another response to danger)
5. Dizziness – This happens when you have breathing difficulties and lack of oxygen.
6. Chest and stomach and pain
7. Swallowing difficulty – As a result of the muscle tension in the neck

The anxiety or panic disorder sufferers' way of thinking:

1. Anxiousness about the idea of being anxious.
2. Usually expect that the situation will end badly.
3. Low self esteem and confidence.

Do you have those symptoms? If so you are one of the many people who suffer from anxiety attack disorder. But you don't need to worry anymore. Today there are some really effective treatments (natural treatments). I have managed to overcome my anxiety and that's meant that you can do it as well.

Keep learning and regain control over your life!

Or Baz is a former anxiety & panic attacks sufferer, who now try to help other sufferers overcome their anxiety. To learn what are the symptoms, the causes, the most powerful treatments and much more, visit <http://panicdisordertreatment.weebly.com/>

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