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Coping With Anxiety Attacks - How To Deal With The Tingles

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Anxiety Sucks. There is no way to sugar coat it or make it seem like an easy thing to deal with. Most people would agree, anxiety messes with your life. Are you feeling like chunks of your anxiety life are being handed over to the anxiety beast? It's pretty awful isn't it?

And it is a tricky beast, not only does it mess with your mind in ways that you cannot control, but it also messes with your body. Giving you vicious symptoms that can mimic a heart attack or make you feel like you are dying.

Most symptoms of an anxiety attack are ones you would expect. Shortness of breath, racing heart. They are both scary, but as far as anxiety attacks go, both symptoms are pretty well known.

What is not so well known is the tingles. Which is kind of odd since the tingles are by far the freakiest anxiety attack symptom.

They usually are in the hands and/or feet. This is really an odd feeling.

But the place where they cause the most concern is the head.

The head?

Yep, the head. It sounds pretty weird doesn't it? At some point during an anxiety attack, many people get the tingles in their scalp and some get it on their face.

Coping with Anxiety Attacks with Tingles

If you have had tingles on your head, odds are you are pretty panicked by it. And you should be. I mean let's face it, people don't usually talk about anxiety. So if something is happening to you during an attack that you have not heard of, you are entitled to get a little spooked by it.

When should you get concerned? If you have the tingles in your head/face/scalp when you are not having an attack, then it is a good reason to see your doctor.

But if you are having them during an attack, it should go away when the attack is over.

Are you ready to learn the Secret to Stopping Anxiety?

Learn How to [Reduce Anxiety Attacks](#) Today.

Start Your Anxiety Free Life at <http://www.overcoming-panic-attacks.info>

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