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How to Deal With Anxiety Attacks & Get Rid of Your General Anxiety

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Folks all over are trying to figure out how to deal with anxiety attacks and eliminate their anxiety for good. Here, we'll look at who suffers from anxiety attacks, the symptoms, why they happen and how they are treated. And we'll also look at a critical element in how do deal with anxiety attacks. If this is ignored, it can make a cure very difficult to achieve.

First off, anyone can have an anxiety attack, man, woman, teenager or child. But research suggests that more women than men suffer anxiety attacks. But, whoever has one, it can be the most frightening experience of their lives. The symptoms of an anxiety attack are so overwhelming, and can come on so suddenly, that the sufferer gets totally caught up in the moment. The symptoms are such that they can truly believe they are having a heart attack and even about to die.

The usual anxiety attack symptoms experienced are; pounding / racing heartbeat, palpitations, sweating, tingling or numbness in fingers or toes, tight throat, tight chest, difficulty breathing, dizziness, lightheadedness, nausea, feeling detached from reality, and, feeling that something really bad is about to happen.

An anxiety attack usually occurs because someone with an already high level -- more or less continual -- of anxiety is confronted with a particular high stress situation. This can be anything; being stuck in an elevator, in traffic, an interview, a bereavement, job loss, being in large crowds, unable to pay a bill, etc. Folks with normal daily anxiety levels can handle these events or issues. But someone with higher-than-normal anxiety levels, i.e. someone with general anxiety, is pushed 'over the top' and the result is an anxiety attack.

So how to deal with anxiety attacks? A doctor's first line treatment is nearly always through the medicine route. They will usually prescribe anti-depressants, minor tranquilizers or beta-blockers. Sometimes two together. Although these can work well enough on the symptoms of anxiety, they have a lot of negative side effects. These vary from nausea, diarrhea, disturbed sleep, dizziness, through to dependency.

Many people are turning to therapies such as hypnotherapy, counselling, psychotherapy, and group therapy, to help them deal with anxiety attacks. And many try self-help strategies like self-hypnosis, meditation, and yoga etc. These need a lot of commitment and time, although they can work for some committed people by helping them 'cope' with their condition.

But none of these two treatment regimes really get to the heart of anxiety. They either treat the symptoms or provide coping mechanisms to manage general anxiety and anxiety attacks.

A critical element in how to deal with anxiety attacks and their tie-up with general anxiety, is that the real fear of having another attack can often trigger one. This fear increasingly builds on the underlying general anxiety, making it very hard to cure.

If you can just get rid of this constant fear of another attack, you can prevent further anxiety attacks, plus, you'll be in a better state to treat and cure your general anxiety.

If you'd like to discover just how to get rid of this 'fear factor', [prevent anxiety attacks](#) and then cure your general anxiety, please go to <http://eliminatepanicattacks.blogspot.com> and get your old self back.

The author constantly researches health issues then writes reports on his findings so that you are perhaps more aware of the facts, and then, better able to make an informed decision on your choice of treatment and cure. Remember to always consult your doctor first. You'll find a video of the different stages of an anxiety (panic) attack here: [Eliminate Panic Attacks](#)

You can also find this article published on [How to Deal With Anxiety Attacks & Get Rid of Your General Anxiety](#), and on the tag pages [Anxiety](#), [Attacks](#), [Deal](#), [General](#).