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How to Deal with Anxiety Attacks Symptoms before, during and after it Occur

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Anxiety is the feeling of apprehension, or worry or fear which is caused by realistic or imaginary threats. This is a normal condition for humans to cope with stress, trauma and tension that can occur. It becomes a disorder when it blows out of proportions that even the activities and relationships of a person are affected. This is why it is very important to know if anxiety attacks symptoms that accompany it.

Anxiety attacks symptoms include the rapid heart rate, trembling or shaking, sweating, shortness of breath, upset stomach, dry mouth, chest pain, numbing or tingling sensations, dizziness, visual changes, and muscle tension. Some of these symptoms closely resemble the symptoms of heart attack. This is the reason why it is often mistaken as such. It can occur suddenly and will last for a few minutes.

There are many factors which are involved in anxiety disorders. However, the primary reason that people often time have an anxiety attack is because of the overwhelming feeling of apprehension, worry or fear. When you already know that you have this disorder, it is important to know the things to do before, during and after an anxiety attack. Before anxiety attacks symptoms and its treatment must be known already. For example, you are prone to hyperventilate, then, you must carry a brown paper bag with you always. This is to treat the imbalance that happens in the body when you hyperventilate. After that, you need to do deep breathing exercises.

Anxiety attacks are not very easy to manage especially during the attack period. This is because you may run around the place and harm yourself. The people around you are a great factor which can help you easily get out of anxiety attack. They need to assure you that everything is alright and make sure that you don't harm yourself. While you are not having any attacks it is best to enroll in some cognitive-behavioral therapy where you get to learn how to control the anxiety you feel and put things in their proper order. You can also learn some calming techniques which can come in handy when the anxiety attacks.

Some of these include positive self-talk, relaxing techniques and diversion. Positive self-talk takes time for you to master, but once you do, it is easy to avoid anxiety attacks with this method. You can write down the positive things you want to tell yourself and carry it around with you so you can read it anytime you need to reassure yourself. The most common relaxing technique used is the deep breathing exercise. Some people also use yoga and meditation to handle anxiety attacks symptoms. These activities relax the body, and it reduces the tension and anxiety.

Diversion is often used by people who have an anxiety disorder. This is because it is easier to avoid the things that trigger the anxiety than confronting it. People usually divert themselves from thinking of the things that can trigger an anxiety attack or avoid places which reminds them of the previous anxiety attacks. Diversion of attention is the easiest way to do it.

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