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How to Find Out If You Suffer From Panic Attacks!

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IMAGINE GETTING RID OF YOUR ANXIETY AND PANIC ATTACKS WITHOUT GOING TO THE DOCTOR!

<http://www.nomorepanicstory.net>

However first you need to know if you actually suffer from panic attacks.

A TYPICAL PANIC ATTACK

You feel a sudden surge of overwhelming anxiety and fear. Your heart pounds and you can't breathe. You feel dizzy and sick to your stomach. You may even feel like you are going crazy or dying.

There are 13 symptoms to look out for and if you experience at least 4 of these symptoms culminating within a period of ten to fifteen minutes and then slowly diminishing within a couple of hours you are having a panic attack.

Always go to a doctor to check your heart the first time you experience something like this. It could be a heart attack.

If you experience these symptoms and there is nothing wrong with your heart or you just seem to be too young to have a heart attack you can be sure it is an anxiety attack.

HERE ARE THE 13 SYMPTOMS TO LOOK OUT FOR:

Raging heartbeat.

Difficulty breathing.

Terror that is paralyzing.

Fear of losing control.

Heart palpitation.

Dizziness.

Sweating.

Trembling.

Choking.

Fear.

Hot flashes or cold chills.

Tingling in fingers or toes.

Deathfear.

The key symptom/reason of repeated panic attacks is the persistent fear of getting another panic attack. This fear triggers more panic attacks.

Panic attacks normally appear when you are doing something that is NOT stressful, like sitting watching tv or even when you are sleeping.

Some more interesting facts are that about three fourths of panic patients are women and that most people have their first panic attack as a teenager.

CAUSES OF ANXIETY AND PANIC ATTACKS

The exact causes are unclear but the tendency to have panic attacks seem to run in families. Also there is a connection with major life transitions such as graduating from college and entering the workplace, getting married, and having a baby. Severe stress, such as the death of a loved one, divorce or job loss can also trigger a panic attack.

There could also be medical conditions that causes the attacks or other physical causes.

PANIC ATTACKS OFTEN LEAD TO OTHER COMPLICATIONS

Agoraphobia or other phobias, depression, substance abuse, medical complications, even suicide.

A recent study showed that people who suffer from panic attacks:

Are more prone to alcohol and other drug abuse.

Have greater risk of attempting suicide.

Spend more time in hospital emergency rooms.

Spend less time on hobbies, sports and other satisfying activities.

Tend to be financially dependent on others.

Report to be emotionally and physically less healthy than non-sufferers.

Are afraid of driving more than a few miles away from home.

As you can see your quality of life can be severely damaged if you do not treat your panic attacks. This is why it is so very important to decide to take control over your panic.

Did you find this article helpful? If you did, then take a look at some techniques that could help you get rid of your panic attacks for good! <http://www.NoMorePanicStory.Net>

I write articles about many different subjects that interests me. Mental health is probably what interests me the most and also helping people to take control of their own lives rather than depending on someone else. No matter how much education a person has it is always YOU who knows what is best for YOU! [No More Panic!](#)

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