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# How to recognize Anxiety Attack Symptoms

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You can easily begin to recognize the causes of your anxiety symptoms. If you have ever experienced being uncomfortable and feeling that something just isn't right when it comes to your breathing or the way your body seems to be failing you, it is entirely possible you could have been experiencing an anxiety attack symptom. Let's take a look at some of the symptoms that usually come with anxiety attacks.

One of the more common of an anxiety attack symptom is a pounding heart. This symptom can be caused by a number of different anxiety attacks, from mild to severe. Many people who do have an attack tend to clutch at their chest in fear of a heart attack or other ailment, when in reality they are experiencing anxiety.

Shortness of breath is another anxiety attack symptom that is seen a lot because of someone feeling panicked due to other symptoms they are experiencing. The shortness of breath can seem like your world is caving in, but by being able to recognize the symptom as part of an anxiety attack, you can more easily control this.

Becoming lightheaded is one anxiety attack symptom that happens a lot in crowded areas. Many people have a phobia about being in crowds and becoming lightheaded or fainting is a common symptom that they experience. People will sometimes think they have a more serious issue, but in reality it's only one of the symptoms that are associated with anxiety attacks.

Another anxiety attack symptom that is almost always present in an attack is the fear of losing control. This fear comes from the seemingly uncontrollable symptoms that precede like becoming light headed with a racing heart, and shortness of breath. It is a natural feeling for us to feel as if we are losing control of our own bodies.

Anxiety attack symptoms vary and are not isolated to just one group of people. Everybody is different and may experience varying symptoms based on what their fears may be. Anxiety is a treatable problem and many people live normal lives once they learn to control their attacks. In the end, by visiting a physician to talk about the anxiety attack symptoms that bother you, a plan can be put in place as to how you can effectively overcome the symptoms as they occur, making it possible to ensure anxiety attacks do not have precedence over your life.

As these may be some of the most common symptoms I always recommend that you see your doctor. Your doctor will make sure and confirm your symptoms. Once you have done that you can begin to find techniques and methods to eliminate your anxiety attacks.

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